



the bbg bulletin

It really was fantastic to visit Selby Rugby Club on Saturday to watch some of our Year 7 girls playing in a Yorkshire Girls U12 rugby festival for their club Cleckheaton RFU. Girls' rugby, which is increasing in popularity, has so many benefits and it really is wonderful to see many BBG students making the most of them.

Playing rugby, whether it be Union or League not only promotes equality but it boosts self esteem, something that is at the heart of the Rodillian Multi Academy Trust's aims. Rugby has positions which require a range of size and strength alongside positions where speed and agility are key, thus giving all girls, regardless of physique, a role within a team and demonstrating to girls just how powerful their own unique body shape can be. Resilience, also a foundation of our Trust, is absolutely at the heart of rugby... getting knocked down and getting back up over and over in any one game could not be a better training ground for the life essential skill.

Above all rugby gives a fantastic team experience and creates friends for life – something we loved to see at Selby on Saturday. If you are interested in joining the girls, why not join BBG girls rugby training on Thursday after school with Mr Benton, or head down to Cleckheaton Rugby Union club to see what it is all about?



Year 7 students Ava, Arabella, Polly, Ava and Josselin representing Cleckheaton and BBG with effort and enthusiasm, and a bucketful of resilience.

An extra special end to the day for the girls was being able to stay to watch BBG Alumni Lily Trotter in her Yorkshire Centre of Excellence game against the North East. Lily is a superb role model and a true example of what hard work and determination can achieve.

LET'S CONNECT



6-12
FEBRUARY
2023

This week BBG have been participating in Children's Mental Health Week. The theme this year, 'Let's Connect', aims to encourage young people to consider the different ways we can connect, and the impact that these connections can have on our mental health. We have seen many activities across the curriculum this week that we hope will go some way to encouraging our students to stay safely connected and be confident in making mental health conversations normal place.

Here are just a few of the activities that have taken place.

Mrs Gill's Year 7 form have been taking part in 'Kit Kat, Chit Chat'

In these sessions 7.6 were given the chance to have a chit chat and a Kit Kat and identify and discuss five people they have in their lives that they can speak with, if they needed help/advice. Reinforcing that they are never alone. This also gave them the opportunity to ask people on their table if they are okay.



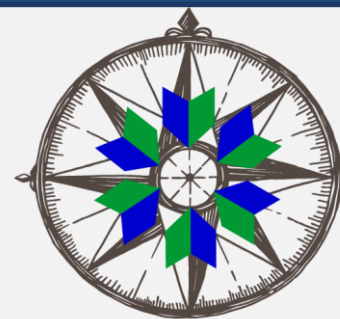
The Community Champions from both Years 8 and 9 have enjoyed taking part in Children's Mental Health Week by creating postcards on the theme of "Let's Connect". Each student divided their postcard in half and created a design on one half of their card. They then swapped



with someone else in the class, who completed their design on the other half of the card, thus creating a connection.

On the reverse of the card, we put information about where children and parents can find help if they are worried about mental health. The postcards were then placed in prominent locations around Birkenshaw and Gomersal for members of the local community to collect.

BBG PATHFINDERS



#LEADTHEWAY

So, what is the Progress Championship?

Every year, we run the 'Progress Championship'. At its heart, it is a motivational programme for year 11 – so that they start to think more specifically about how they can progress in each lesson.

Staff choose the students in their group – hoping to help, motivate and encourage them to work just that bit harder, to try just a little more.

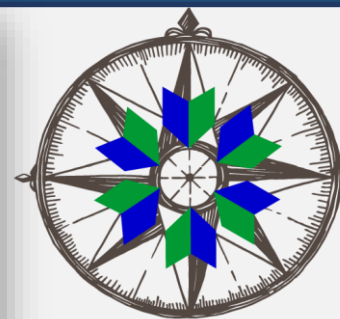
Rewards are given not just for the group, but also for individual effort. We will have ice cream parties, pizza, and at the end? Vouchers for the winners.

Students earn points by doing revision and by engaging in lessons and period 7s and 8s. Every lesson counts, and so every stamp shows that step-by-step progress that we want towards their GCSEs!

We will kick off the 2023 Progress Championship right after the February mocks – mark your calendars!



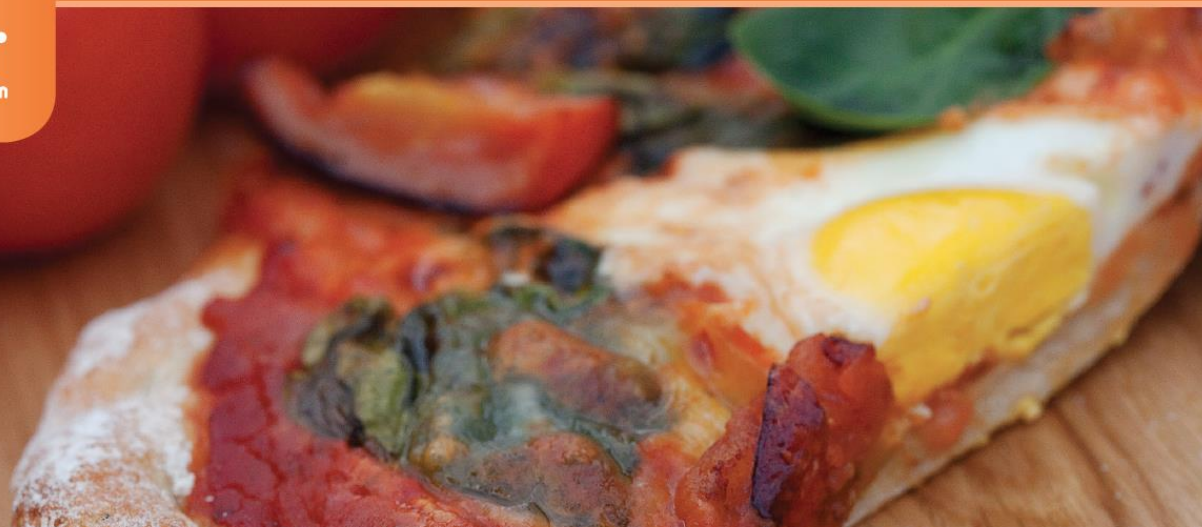
BBG PATHFINDERS



#LEADTHEWAY

PiXL 
Power
to Perform

FLORENTINE PIZZA



Some of the most straightforward supports for students as they prepare for exams are also the most fundamental – sleep, food, relaxation. We can help you with FOOD – in our series showing you the PiXL 'Power to Perform' recipes that are brain boosting AND delicious!

Power
to Perform

FLORENTINE PIZZA; SPINACH, TOMATO, MOZZARELLA, BAKED EGG. THIS IS MY VERSION OF THE CLASSIC PIZZA, I AM SAYING THIS NOW SO THE 'PIZZA PURISTS' DON'T TELL ME OFF!

METHOD:

Warm the oil in a saucepan, so that it gently sizzles, for 3 to 4 minutes. Pour in the sieved tomatoes, oregano and chopped basil stalks. Increase the heat and reduce the tomato sauce by half, it should be nice and thick. Taste, then add salt and pepper. Remove from the heat and chill until needed for your pizza base. Find the right bowl to make your dough in, or use an electric mixer bowl. It needs to be big enough to incorporate all the ingredients. Combine the yeast with the warm water in the bowl, let the yeast dissolve. To this add 50g of plain flour. Set the bowl aside in a warm place. After 20 to 30 minutes the yeast should have formed a sponge. Add flour, salt and olive oil to the bowl.

You can now place the mixture in the bowl of a food processor fitted with a dough hook. Alternatively roll up your sleeves and knead it by hand for 10 to 15 minutes on a lightly oiled work surface. Lightly grease the bowl with olive oil and return the dough to it. Cover with a damp tea towel and allow the dough to rise for 2 hours. Knock the dough back and allow to rise for a further half hour. Divide the dough into 2, 3 or 4 individual balls depending on how many pizzas you wish to make. Roll the pizza out, or if you're feeling brave, give hand stretching a go on a floured work surface to a thickness of 3 or 4 mm. Transfer to a baking tray and top with tomato sauce, spinach, mozzarella. Then, just as you push the shelf into the oven, crack a couple of eggs on top. Bake for 12 minutes or until your eggs are cooked the way you like, I like mine runny to dip my pizza crusts in.



EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Full of great brain food and helps concentration levels, keeps moods under control, feel fuller for longer.

The best time to eat this dish: A treat meal after an exam when you still have revision to complete.

Reason: Eggs are brilliant for keeping you fuller for longer and maintaining your energy levels. They are a great brain food and when coupled with spinach and tomatoes it is jam packed with anti-oxidants and an array of vitamins and minerals. This recipe will restore your energy and provide you with Omega 3s to support your brain function.

YOU WILL NEED:

6 eggs
1 bag baby spinach, washed and dried as well as possible
Mozzarella balls, for tearing

THIS RECIPE MAKES ABOUT 3 GOOD SIZED PIZZA BASES:

500g flour (plain works but bread flour is better)
300ml water at blood temperature (shouldn't be hotter or colder than your finger)
10g fresh yeast or 5g dried yeast
10g salt
2 tablespoons of olive oil
For the tomato sauce; this keeps well in the fridge for at least a week!
500ml sieved tomatoes or passata
A good pinch of dried oregano
A bunch of fresh basil, leaves removed and stalks chopped
1 clove garlic, peeled and sliced as thinly as you can
Salt and pepper
A splash of vegetable oil

Children's Mental Health Week



Reporter:
Cerys Barson

This week is Children's Mental Health Week and staff have been supporting students at BBG with different strategies this week. The cause was created to shine a spotlight on the importance of children's and young people's mental health. In 2015, Place2B launched the first ever Children's Mental Health week. Place2B is a charity that provides counselling and support for children and young people struggling with their mental health. The charity believes that children do not have to face mental health problems alone. Founded in 1994 by Dame Benny Refson, the charity now works with over 700 schools nationwide. The dedicated week has been a focus for nine years, and the aim is to encourage more people to get involved, spread the word, and raise vital funds.

This year's theme is 'Let's connect' and is about making meaningful connections. Having healthy connections within your community, with family or friends is a way to support your mental health. When we don't have social connections, we can often feel lonely and isolated, leading to a negative impact on our mental health. Often, we think that connections on social media are meaningful, but quite often they are not realistic and can affect our mental health.

Mental health affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make choices.

Having good mental health can:

- ☐ Improve our mood
- ☐ Reduce our anxiety
- ☐ Create an enhanced sense of inner peace
- ☐ Think more clearly
- ☐ Improve our relationships
- ☐ Increase our self esteem



A Talkspace therapist called Bisma Anwar said: "Our mental health is something that impacts our eating and sleeping habits and has a lot to do with our physical health as well. It is important to address our mental health needs, or often we will feel the impact of it in other areas of our health as well."

Sometimes though, our mental health may not be good, and that's okay. We are all human; we aren't perfect, and our lives aren't perfect, because there's no such thing as perfect. The important thing to do when you aren't feeling yourself is to talk to someone; connect with someone. Getting what you're feeling off your chest is a way to take the weight off your shoulders and is also a way to get advice from someone or the help you need.

Asking someone 'How are you?' is something we do a lot, without thinking and the other person normally replies with 'I'm good' or something similar. Often, we never take the time to really see if our friends and family are actually okay. Instead of 'How are you?' ask 'Are you okay?' as a more direct question. Let that person know you are there for them if they aren't okay. Be ready to listen and empathise with that person and get them the help they need.

If you need support, there is some really good information and support websites:

www.youngminds.org.uk
www.camhs-resources.co.uk
www.kooth.com
www.mind.co.uk

In school if you need support then speak to any member of staff, sometimes we feel better connected to some adults, and all staff will listen and signpost you to the right support. Connecting to others by listening to problems or by sharing your worries can really support our mental health. Remember, that we are all human and at any time in our lives lots of different feelings and worries can affect the way we feel. Remember to reach out and connect.

The Dewsbury 10K Run

Three of the teachers here at this school, on Saturday, ran the Dewsbury 10km run. This week, I interviewed them about the run and how they felt about it. Here is what they had to say:

What is the 10 kilometre (about the height of Mount Everest) Dewsbury run, for those who don't know, and when did it take place?

Mrs. Revell: It's a 10k run from Dewsbury to Birstall, and back. It was on Sunday 5 February.

What motivated you to go on the run?

Mrs. Revell: I wanted to adopt a healthier lifestyle. My husband runs and loves it, so I thought I'd give it a go.

Mrs. Joyce: Peer pressure - purely and simply. I had been running for about a week when someone thought I really needed this goal in my life!

Mr. Gale: I wanted to achieve a personal best; that was my goal.

Did you train for the run? If so, how much and how often?

Mrs. Revell: I started Couch to 5K in September. This is a programme specifically developed to take someone from being a non-runner to running 5k in 8 weeks. Once I'd signed up for the run, I started with longer runs on Saturday mornings, alongside Mrs. Joyce.

Mrs. Joyce: I have joined a group of beginners (since November) and have been going out to do 5K (or more) 2 - 3 times a week. When reality dawned that it was getting closer, I went on New Year's Day (I know - dedication) on the Bradford Road route to test if I could do it (Barely was the answer). I then went out with Mrs. Revell (and a few others) on Saturdays and gradually built our distance up.

Mr. Gale: 2 or 3 times a week - I run casually, every Saturday, 2 or 3 times a week - I also do the local park run.

If you did [sign up], how did you sign up for it?

Mrs. Revell: It was an online sign up. I run with a club and lots of us signed up at the same time.

Mr. Gale: Same with me.

Who else was there with you that you knew?

Mrs. Revell: Mrs. Joyce and Mr. Gale from school, lots of friends from the running club and my husband.

Mrs. Joyce: Mr. Gale was there (who waited for us to finish which was really kind as he could have been at home (we were quite a distance behind him!)).

Mr. Gale: Just Mrs. Joyce and Mrs. Revell.

What was the run like?

Mrs. Revell: Good! We had drummers along the route to motivate us and the weather was beautiful. It was hard towards the end, but worth it.

Mrs. Joyce: I really enjoyed it. The first 8 kilometres were quite nice, and I felt quite energetic. I really enjoyed the supporters shouting encouragement and the drumming (ask Mrs. Revell - it was really a highlight) was quite motivational.

Mr. Gale: The first 5km was more uphill, which made it harder, but the last 5km was more downhill, which made it easier.



Reporter:
Dexter
Hughes





The Dewsbury 10K Run: continued

Once on the run, what motivated you to continue and complete it?

Mrs. Revell: I was sponsored for the run. I ran for the Rob Burrow charity and have so far raised £420!

Mrs. Voyce: Mrs. Revell and her charity collection for MND - quite the worthy cause. I also thought Mrs. Revell, personally, was amazing; she had been injured for over a week and had not been running, but she did really push herself through the pain.

Mr. Gale: I made sure that I was running at the right pace for every kilometre, so I could keep going for that personal best.

How do you think running (and exercise, for that matter) helps people's mental health?

Mrs. Revell: It has a huge effect on mental health. It's an opportunity to blow the cobwebs away, and think about nothing but putting one foot in front of the other. The sense of achievement when I finish a run is amazing!

Mrs. Voyce: Getting outside is important for our mental health and I feel that I have coped with the winter blues much better than last year. I love our group - they are all so supportive and genuinely care for each other. I think talking to others about our lives (when we can breathe that is!) is hugely important. Talking is everything!

Mr. Gale: It has a positive impact – when you go on a run, you only think about the run and nothing else. It is a bit of a distraction from everyday life, and a bit of time to yourself.

Were you part of a running club, or were you on your own?

Mrs. Revell: I'm part of Go Be Runners.

Mr. Gale: I wasn't part of a running club.

Mrs. Voyce: We were running with people of a similar pace.



What is it you enjoy about running?

Mrs. Revell: Getting outside. Even in the coldest weather (-4 degrees on one early morning run), it's lovely to be in the fresh air. I've made lots of friends too, and we all support each other.

Mrs. Voyce: I am surprised by how much I love it (my PE teachers would be shocked)! I enjoy the sense of achievement and how runners come in all shapes and sizes - starting the run journey is the hard bit.

Mr. Gale: The social part of it – running with my friends, doing something nice and spending a day doing something is great.



Have you done any similar runs before, and do you plan to do any in the future - marathons, for example?

Mrs. Revell: I'm looking for another 10k! I swore this would be my first and last, but I think I've been bitten by the bug...

Mrs. Voyce: I have never done anything like this before. I did complete the Santa Dash at Christmas (5K) in aid of St Gemma's Hospice. I think I might just sign up for something else as it keeps you motivated to keep training and pushing yourself.

Mr. Gale: I've done a Leeds half-marathon before, a 10km and a 10km, an Abbey Dash, an Ilkley half-marathon. I put myself in a ballot for the Great North Run.

Do you have any advice for people who want to do things like it?

Mrs. Revell: Start slowly. The Couch to 5K approach is brilliant. I'd also recommend doing it with a club - having that extra layer of support means that there is always someone to run with and encourage you. I think that my club is running a new C25K programme in March, if anyone wants to give it a go.

Mrs. Voyce: Join a local group. Don't overthink it - just do it! Perhaps when you get in from work/school get straight into the running clothes!

Mr. Gale: Start on the Couch to 5k plan. You can't just go straight away, it's hard to do that.

How did you feel afterwards?

Mrs. Revell: Tired but elated. Mrs. Voyce and I finished together, which made it even more special. Collecting my first running t-shirt felt fab. Notice I say first there....

Mrs. Voyce: Fantastic! Lots of post-match analysis was had while we all celebrated with a big fried breakfast.

Mr. Gale: I was very happy to beat my personal best – I did it in: 43 minutes and 38 seconds. I waited for Mrs. Revell and Mrs. Voyce at the end, and when they came past, that was good.

STUDENT ACHIEVEMENTS



It's great to be able to share with you news of successes from a couple of Year 7 students.

Kian Sorsby of 7.1 has been playing football for Gomersal and Cleckheaton football club for the last four years, and last week was awarded the Player of the Match trophy.

Kian scored two goals in the team's match against Phoenix in the Huddersfield Macron Junior football league at BBG . Kian's coach, Damian, said that the award was well deserved, and that Kian had frightened the life out of the opposition's defense!

Well done Kian- keep up the good work!



Another Year 7 student, Luca Hodgson, also shared some news with us this week. Luca is following in the footsteps of his dad, uncle and grandad, who have been track racing for the last 45 years, and in 2019 he began to take part in Micro F2 races. Luca had fantastic success in this category, with lots and lots of race wins, but at the grand old age of 11 had to retire from this class. He began to race in National Ministox last Summer, and has already taken his first win.

Luca drives an Austin Mini with bumpers, and the races are full contact! The next season begins in less than a month, and Luca will race almost every weekend. He races all over the country and even in the Isle of Man, The Netherlands and Ireland.

It requires real dedication from Luca, and he can't wait for the season to begin.

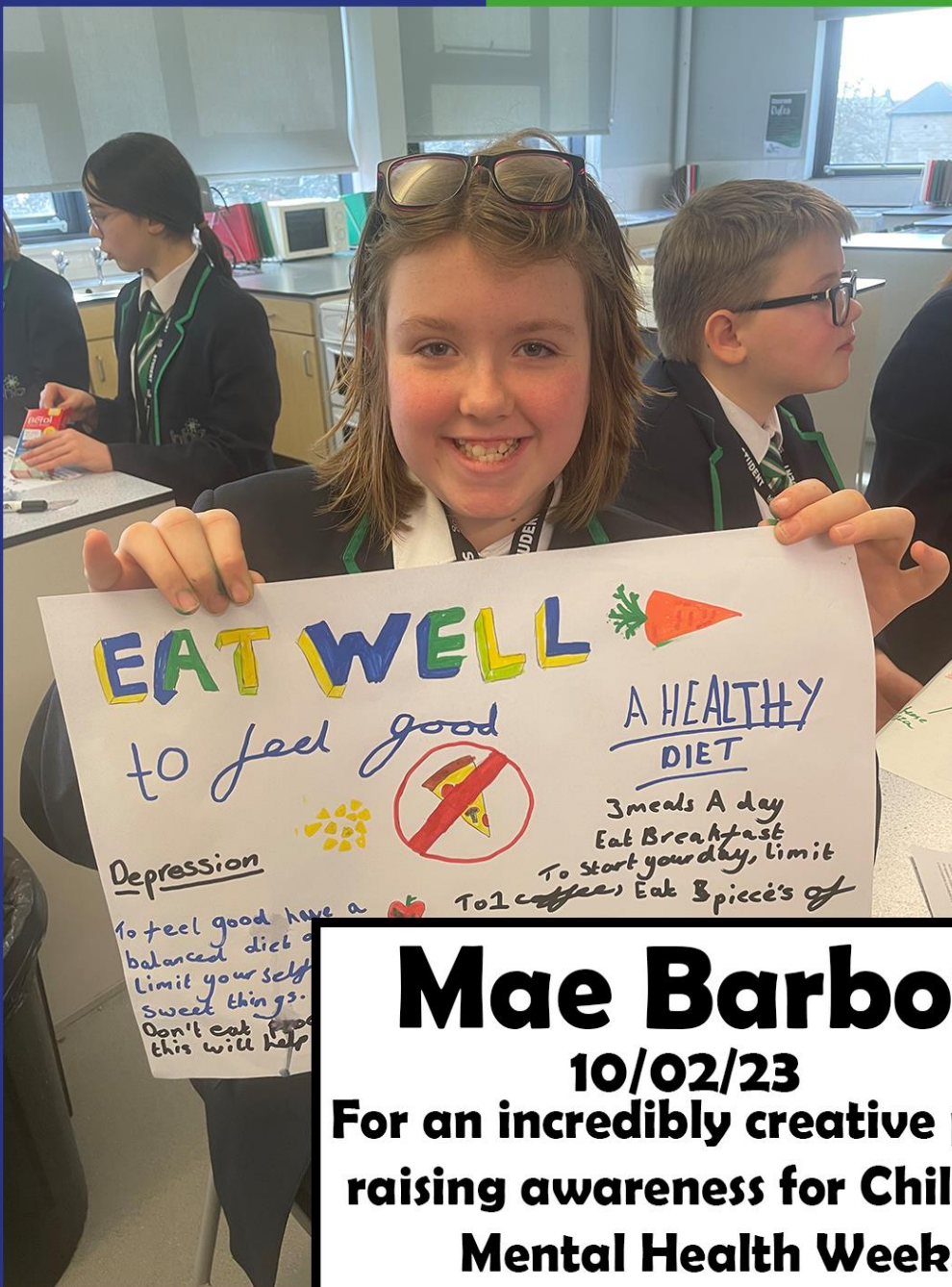
How fantastic that he can join other members of his family in enjoying his passion too!

Watch this space... we'll share Luca's successes when the track season begins!



Year 7

Resilience Artist OF THE WEEK



Mae Barbor

10/02/23

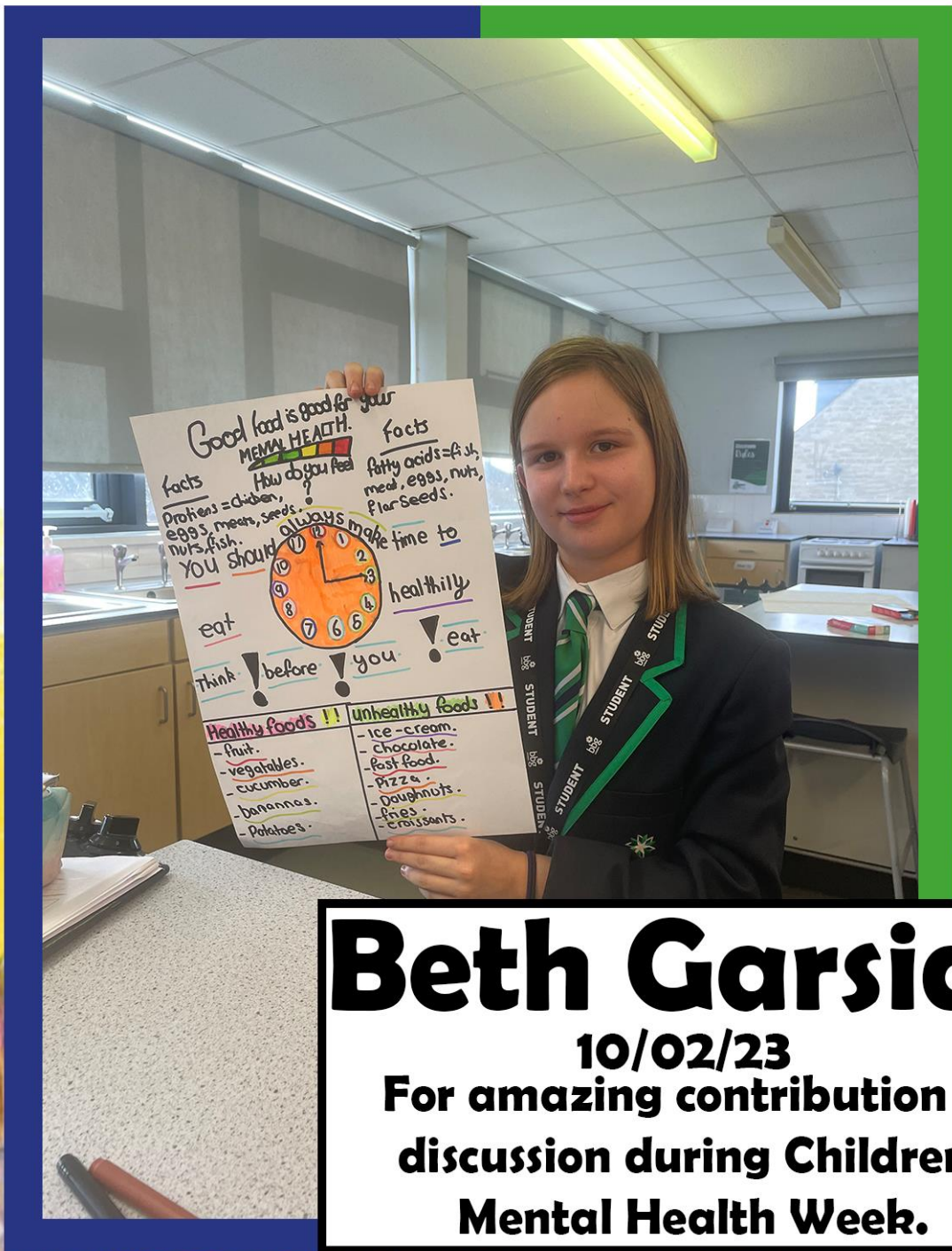
**For an incredibly creative poster
raising awareness for Childrens
Mental Health Week.**

Year 7

Artist



OF THE WEEK



Beth Garside

10/02/23

For amazing contribution to
discussion during Childrens
Mental Health Week.



Year 8 have been studying the topic Burning Planet this term and Mrs Sullivan sent a questionnaire to get some student feedback about lessons in particular which interested them. Here are a selection of their responses:

Allegra Podesta-Atkin: I enjoyed when we learnt about Ski resorts using fake snow it was interesting to see how climate change has affected the tourist industry.

Thomas Ellis: I liked the lesson when we discussed Greenwashing as it makes you think about what goods are actually environmentally friendly.

Lilly Crowther-Hulme-Hill: I liked learning about Greta Thunberg and how she is still campaigning about saving the environment.

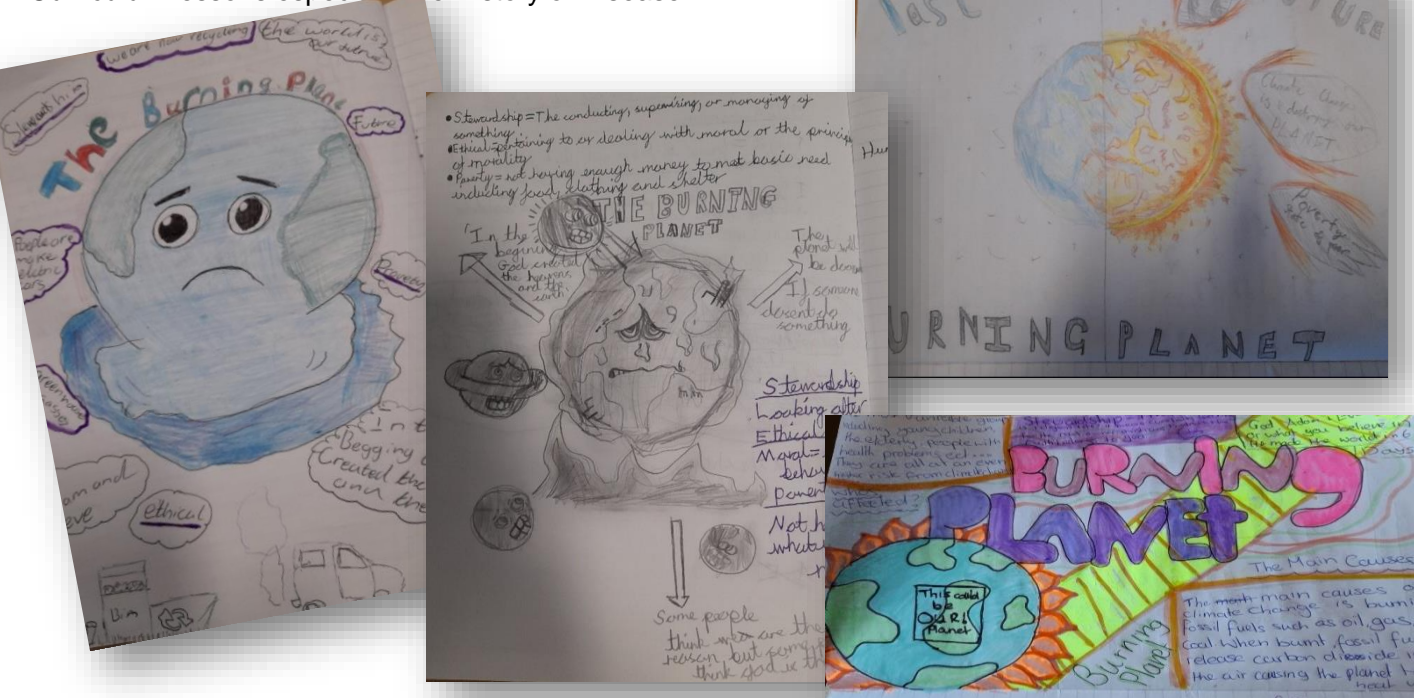
Vaughn Lewis: I was interested in finding out more about the Boreal forest because protecting the environment interests me.

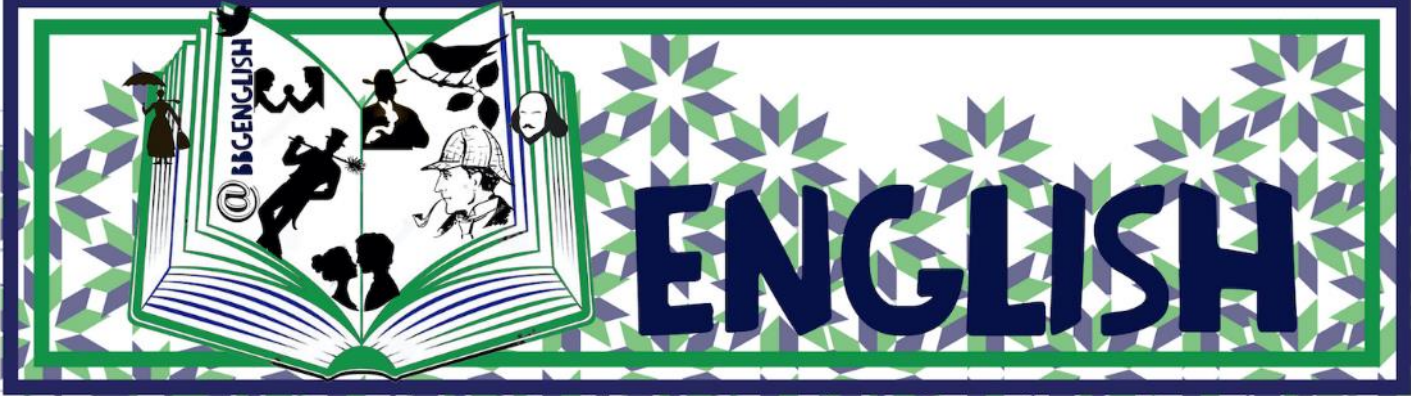
Remi Trott: I enjoyed the Creation story and how everyone has a responsibility to look after the earth based on the idea of stewardship.

Leighton Appleyard: I enjoyed learning about the Chernobyl disaster and Windscale fire. These showed how disasters have a major impact on the World. I also liked learning about Greenwashing and how corrupt advertising can be to try and be more environmental friendly. I watch the news a lot and I am making links with what I am learning in my Contextual Curriculum lessons. The earthquake in Turkey happened not long after we were learning about the destruction on Pompeii in 79AD.

Leah Hallas & Maisie Gill: we enjoyed learning about Brazilian land rights leader Chico Mendes because he helped establish the world's first tropical forest conservation.

Sienna Armitage Lucy Bracewell & Poppy Watts: we enjoyed the group work activities in all our Contextual Curriculum lessons especially the History of Disease.





The BBG Bookcase recommendations for children to read and make progress when reading. Statistically students that read independently do better at school. Please encourage your children of all ages to continue reading daily – 10 minutes before bedtime as a minimum will make all the difference.

NB for parents/carers: Please check online reviews if you have any queries about the suitability of a book before your child reads it.

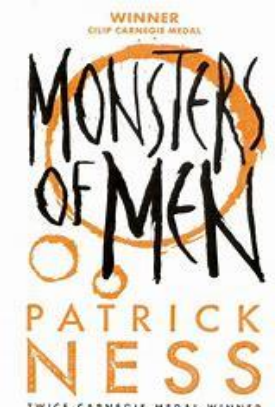
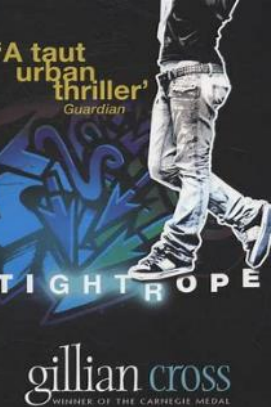
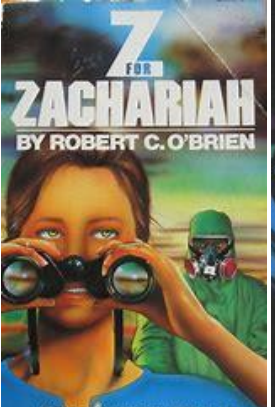
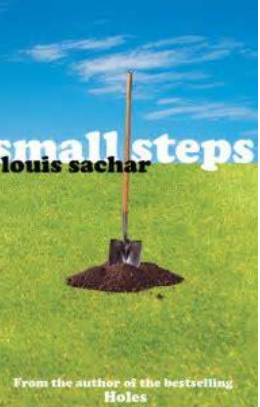
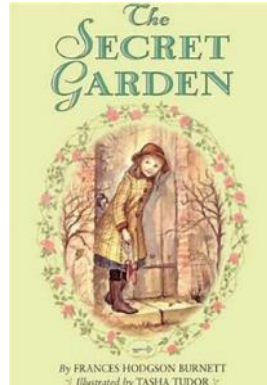
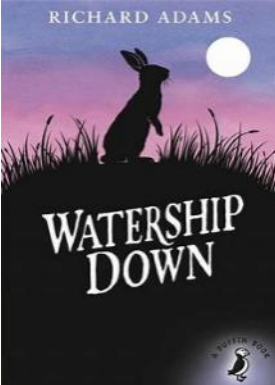
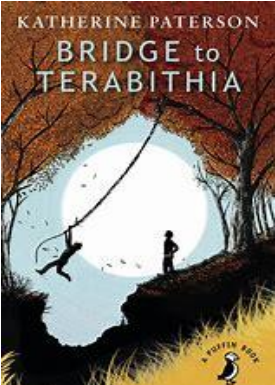
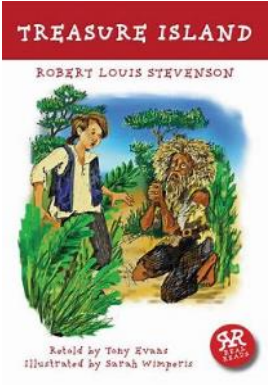
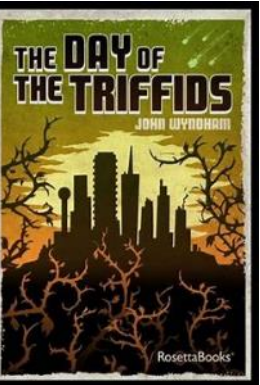
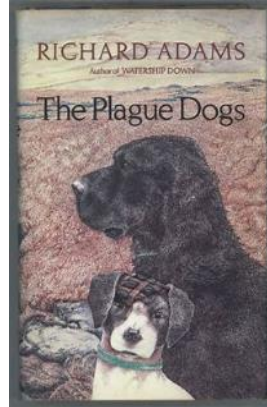
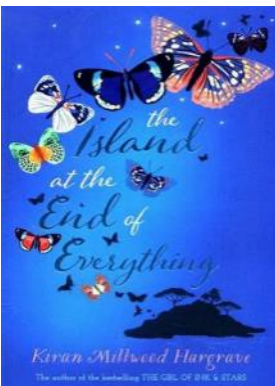
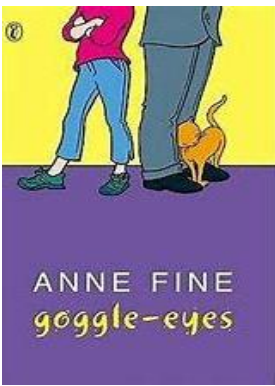
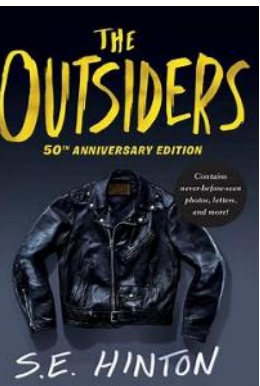
Year 7





ENGLISH

Year 8



BBG BOOKCASE

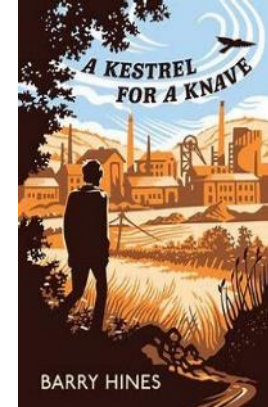
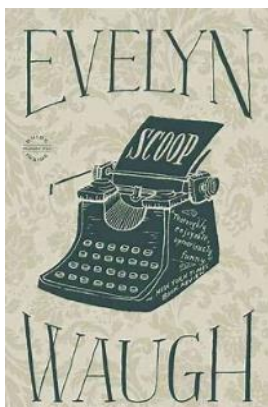
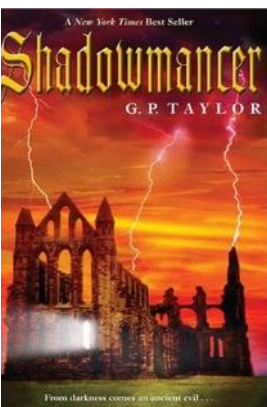
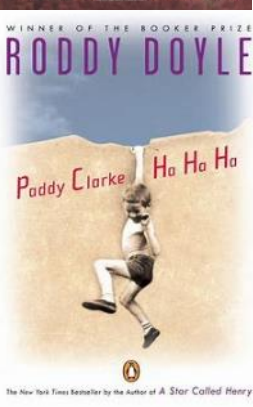
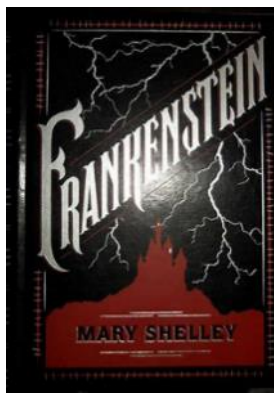
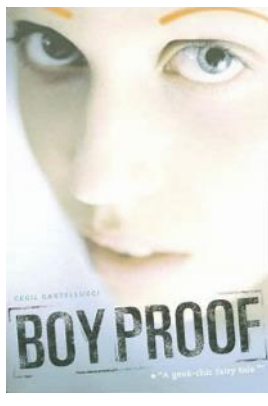
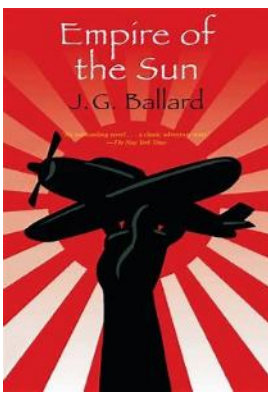
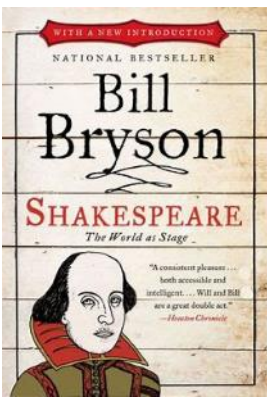
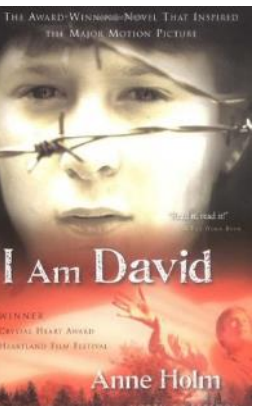
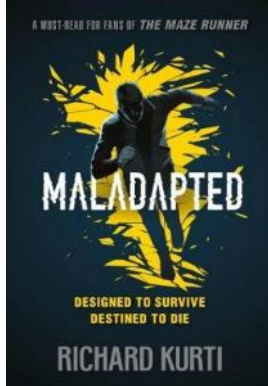
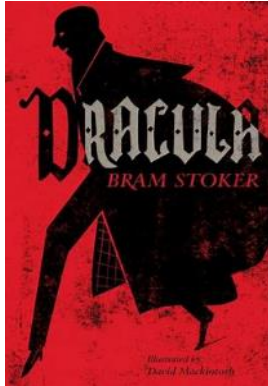
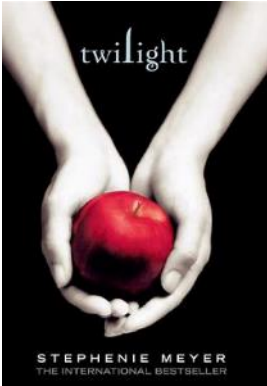
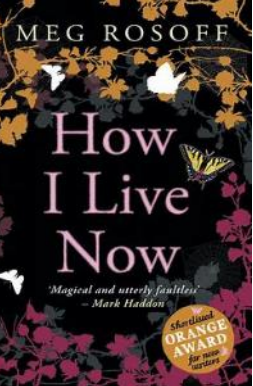


NB for parents/carers: Please check online reviews if you have any queries about the suitability of a book before your child reads it.



ENGLISH

Year 9



BBG BOOKCASE

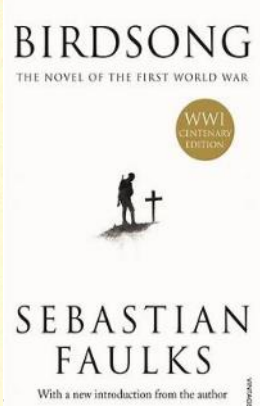
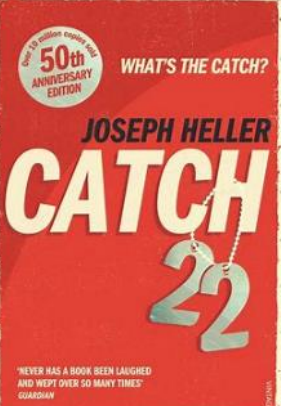
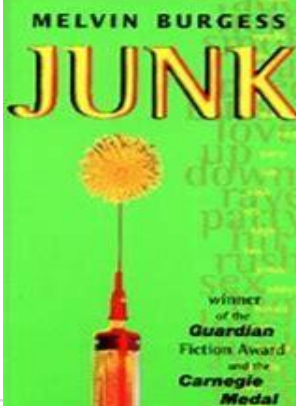
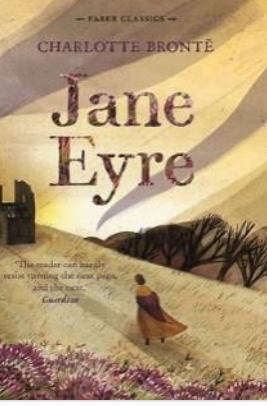
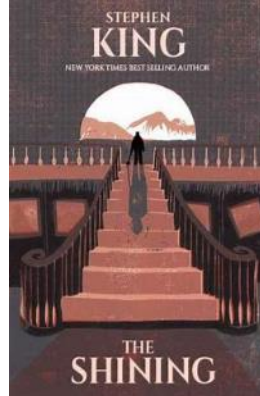
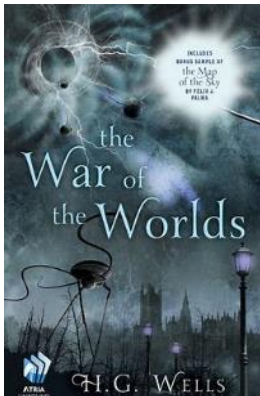
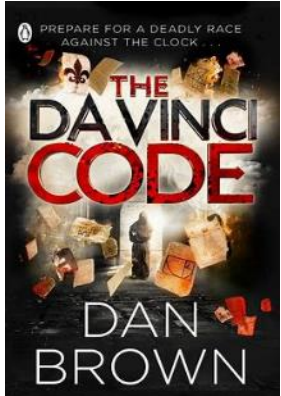
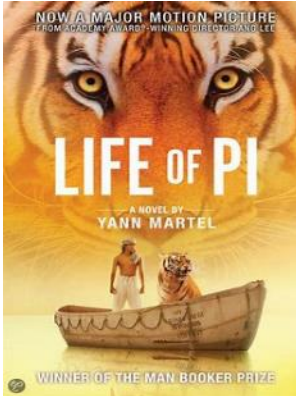
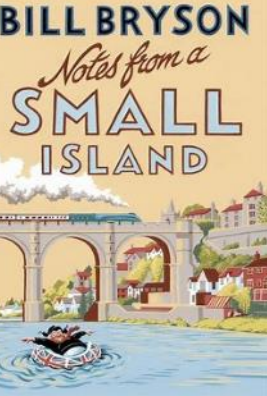
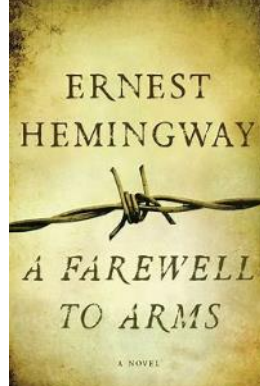
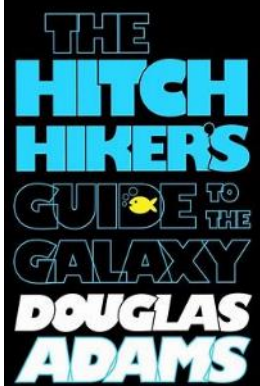
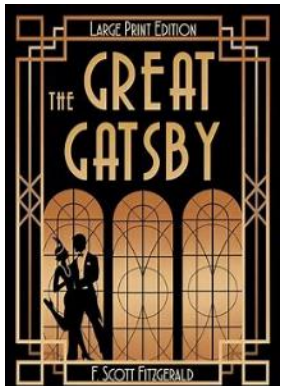
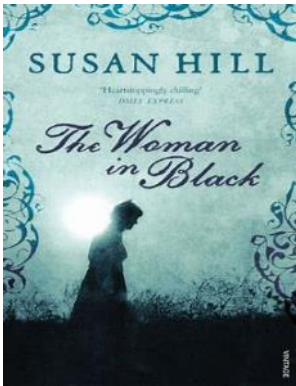


NB for parents/carers: Please check online reviews if you have any queries about the suitability of a book before your child reads it.



ENGLISH

Year 11



BBG BOOKCASE



NB for parents/carers: Please check online reviews if you have any queries about the suitability of a book before your child reads it.



ENGLISH

Year 10



BBG BOOKCASE



NB for parents/carers: Please check online reviews if you have any queries about the suitability of a book before your child reads it.

Geography



Year 7

Year 7 students are continuing lessons about life in Antarctica. Last week we looked at jobs that people can do including a SCUBA diver, mechanic, scientist and even a chef!! We also looked at preparing a trip to Antarctica battling the cold and keeping safe. Wouldn't want to lose a toe to frostbite!

Year 9

After finishing their end of topic test on tourism, year 9 students have started their new topic of coasts. We are looking at how destructive seas and oceans can be. Land, habitats, businesses and houses can be lost due to the power of sea water!

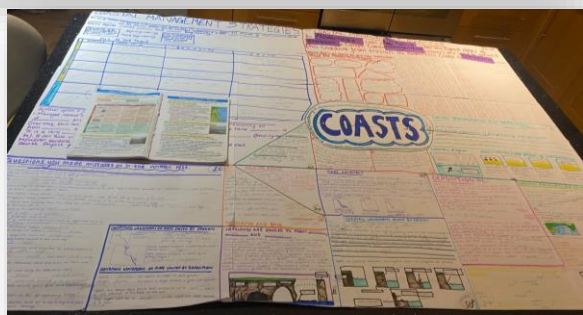
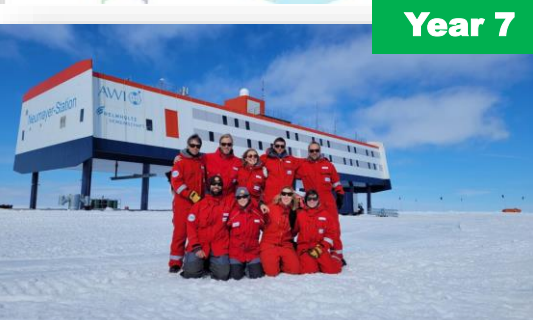
Year 10

Year 10 students have also just finished their topic on urban life. Visiting several cities from the poor areas of Mumbai, India, to the affluent lifestyle of London, England and the sustainable province Freiburg, Germany. Like the year 9s, they are studying coasts and doing some exam practice within the lessons.

Year 11

Finally, BBG's Year 11s are continuing their hard work as they prepare for their paper 1 test the first week back after half term. Here is some fantastic revision work by Katie in Mrs Doherty's class. She has been focusing some attention to coasts creating an excellent revision poster. They will have to also revise for a paper 2 test and then 3 mock exams. Thank you all for your fantastic efforts and attitude during these preparations.

Happy half term everyone and enjoy a well earned break!





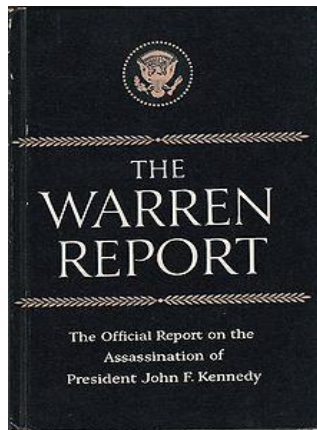
HISTORY



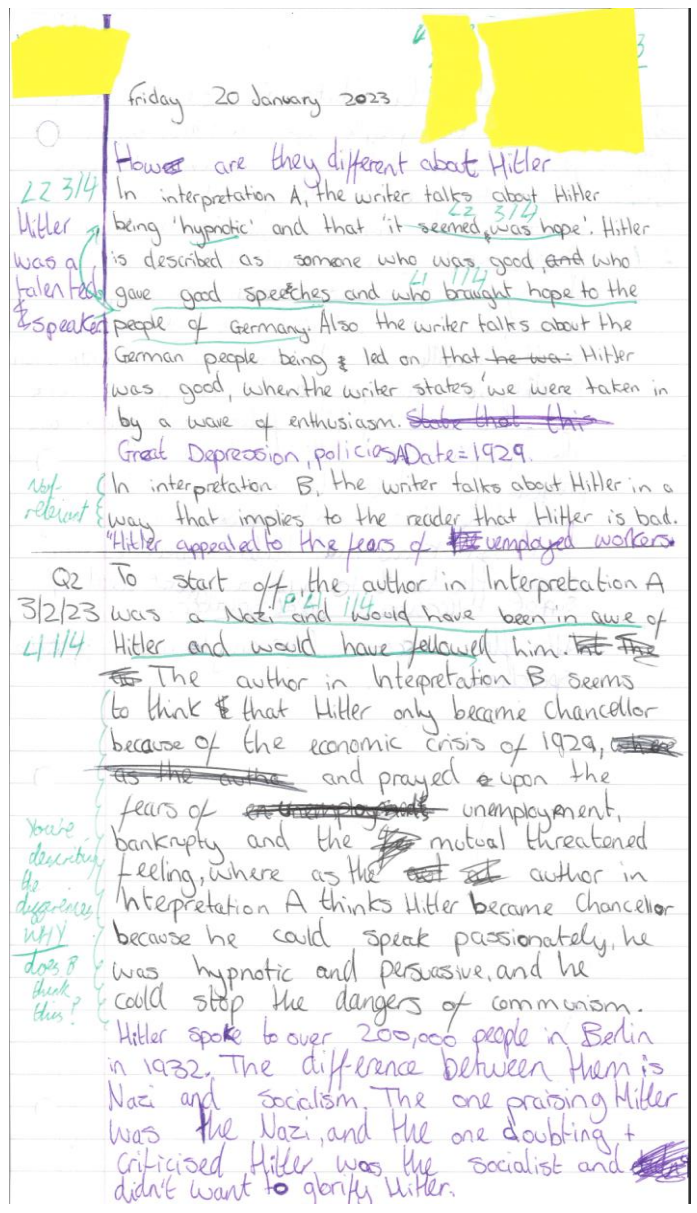
The month of February is LGBT+ history month; a period of time in our year to reflect on the achievements of LGBT+ people in our history and community. The theme this year is 'Behind the Lens', with a focus on the group's contribution to film and media. Notable members of the LGBT+ community include the Wachowski sisters, Tessa Thompson and Sir Ian McKellan.

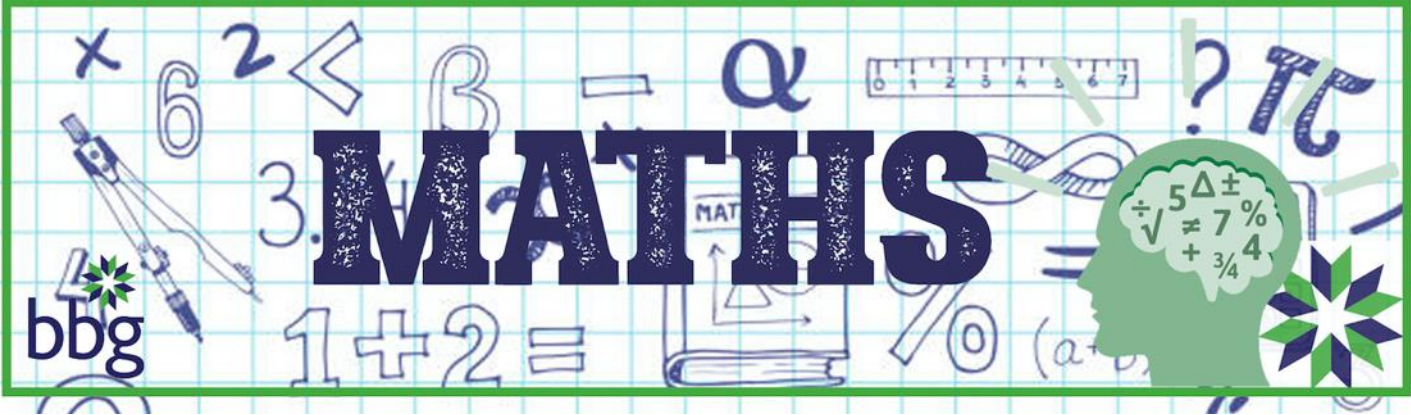
If you would like more information then please visit lgbtplushistorymonth.co.uk

Meanwhile, years 9 and 10 have been focussing on their historical interpretations skills. They have learnt that the past is not fixed, and that people can have many different opinions about the past. For example, Year 9 examined whether there was a wider conspiracy linked to the assassination of president Kennedy, whilst year 10 thought about whether Hitler's rise to power was linked more to his public speaking or the Great Depression. In both instances pupils accessed these themes through the writings and ideas of other historians, comparing what has been written already and judging who they believe to be most reliable.



Disney interprets King John as being cartoonishly evil. The Warren Report interprets JFK's assassination to have had no conspiracy behind it.





A really good resource for GCSE Revision is Mr Morley Maths [Mr Morley Maths](http://MrMorleyMaths.com)

Here there are sections for students, parents and teachers. There are QR codes to scan for videos and all sorts of other support. Below is an example of one of the sheets in a revision booklet in the teacher section.

TOPIC: Standard Form Calculations	
<p>I can already ...</p> <ul style="list-style-type: none"> Convert between standard form and ordinary numbers Use the laws of indices 	<p>Evaluate the following:</p> <p>$(3 \times 10^5) \times (2 \times 10^4)$</p> <p>$(2 \times 10^3) \times (4 \times 10^8)$</p> <p>$(6 \times 10^{-7}) \times (4 \times 10^2)$</p> <p>$(2.2 \times 10^5) \times (3 \times 10^{-3})$</p>
<p>Useful Formulae</p>	<p>Evaluate the following:</p> <p>$(6 \times 10^7) \div (2 \times 10^3)$</p> <p>$(8 \times 10^3) \div (4 \times 10^8)$</p> <p>$(6.4 \times 10^{-7}) \div (2 \times 10^4)$</p> <p>$(2.8 \times 10^5) \div (4 \times 10^{-3})$</p>
<p>Key words</p>	<p>Video link</p>

GCSE Maths Exam Dates 2023

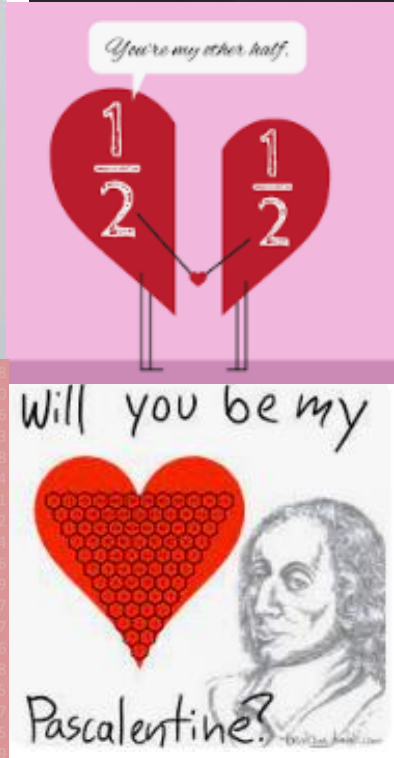
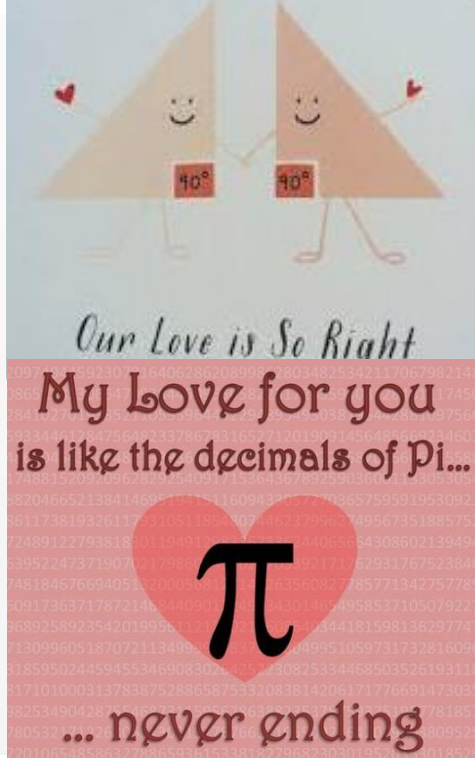
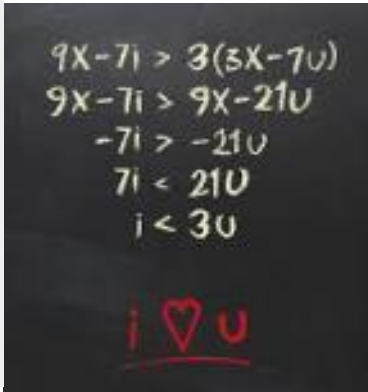
Paper 1 19th May

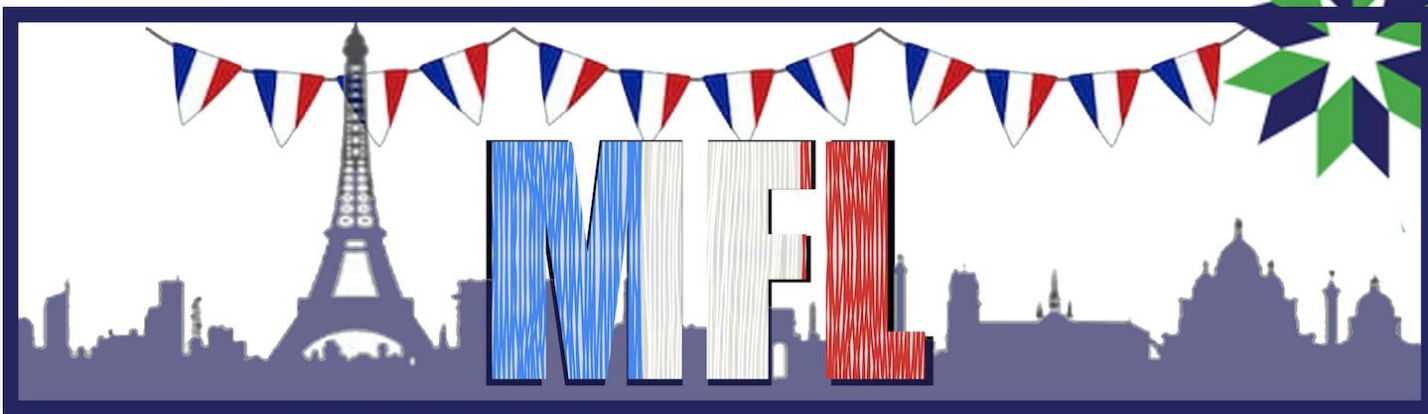
Paper 2 7th June

Paper 3 14th June

Happy Valentine's Day

We hope you enjoy these maths jokes & quotes.





Recipe of the week...

Pain perdu

Also known as French toast, this recipe gives you lots of opportunities for exciting toppings!

Ingredients

- 2 large eggs
- 80ml whole milk
- 40ml double cream
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 4 thick slices brioche
- 2 tbsp vegetable oil
- 2 tbsp butter
- icing sugar and fresh berries, to serve (optional)



STEP 1

Whisk together the eggs, milk, cream, vanilla and cinnamon. Lay the brioche slices in a single layer in a shallow dish and pour the egg mixture over them. Allow to soak for 2-3 mins, then carefully turn over and soak for 2 mins more.

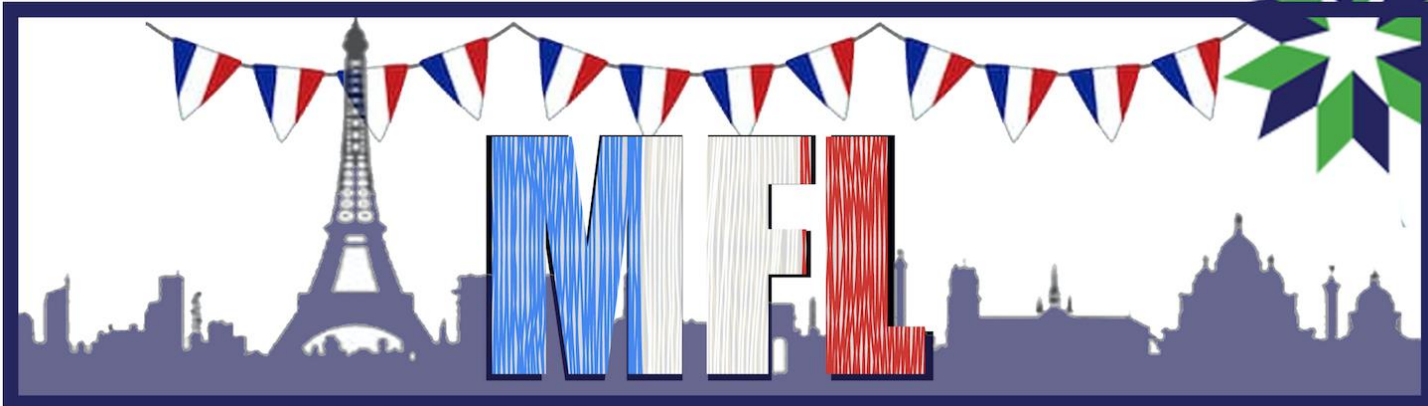
STEP 2

Heat 1 tbsp of the vegetable oil and butter in a non-stick frying pan over a medium heat until foaming. Carefully lift 2 slices of the soaked brioche out of the dish and add to the frying pan. Fry for 3 mins on each side, until golden and crisp, then place on a wire rack over a baking tray in a warm oven while you repeat with the remaining slices.

STEP 3

Serve dusted in icing sugar and scattered with fresh berries, if you like.. Recipe courtesy of BBC Good Food

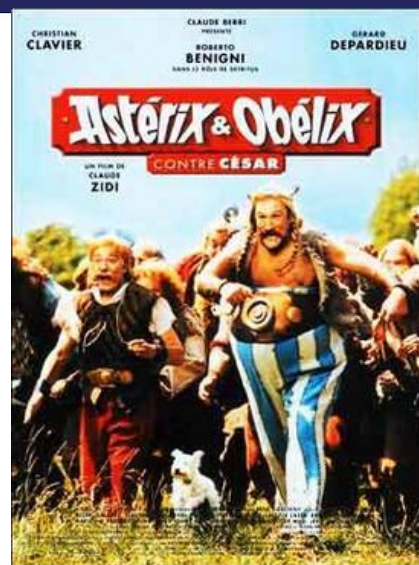
There are lots of names given to what we call French Toast, and we are not even sure it originated in France. The name Pain Perdu means, lost bread in French and it is believed that it was named because it was a way to use day old, or 'lost' bread meaning that it wasn't fresh anymore. It may not be fresh, but it is very tasty so why not give it a go?



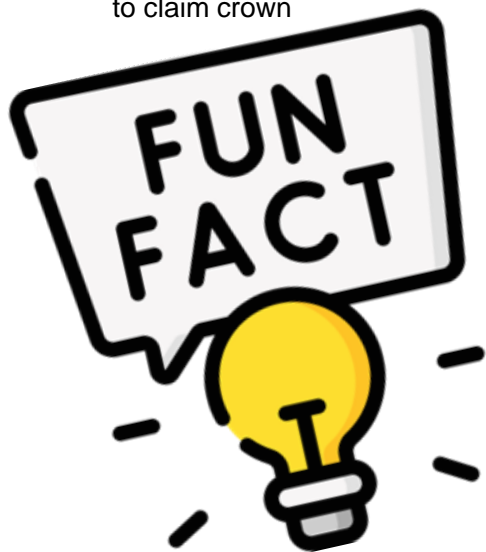
22nd February 1495 - French King Charles VIII enters Naples to claim crown



5th February 1990 – French new wave band Indochine release their fifth studio album *Le baiser* (The Kiss).



3rd February 1999 – The first instalment in the *Astérix* film series is released in France.

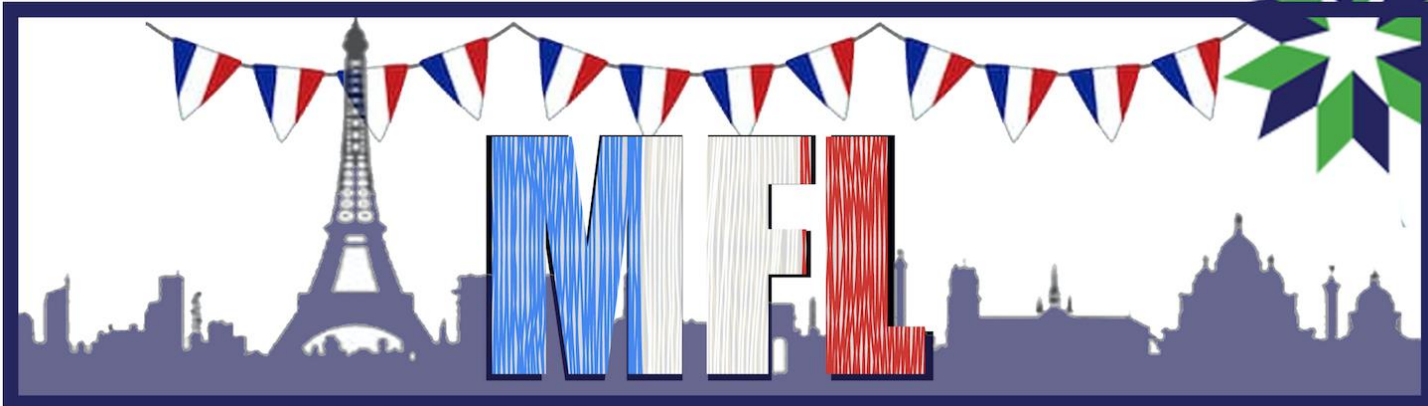


The Tour de France cycle race has been running for over 100 years

The world's most prestigious cycling race was first held in 1903. It has run every year since, save for the two world wars. In 2020, the race was delayed due to the coronavirus pandemic – but it still went ahead!

If you're into cycling, read up on cycling from London to Paris on the Avenue Verte route.





KS4 French speaking club



- Who? Y10 and Y11 students of French
- Where? G49 – chez Mme Clough
- When? Thursdays 2:30-3:30 p.m.
- Why? To build confidence in speaking skills in a relaxed and supportive environment



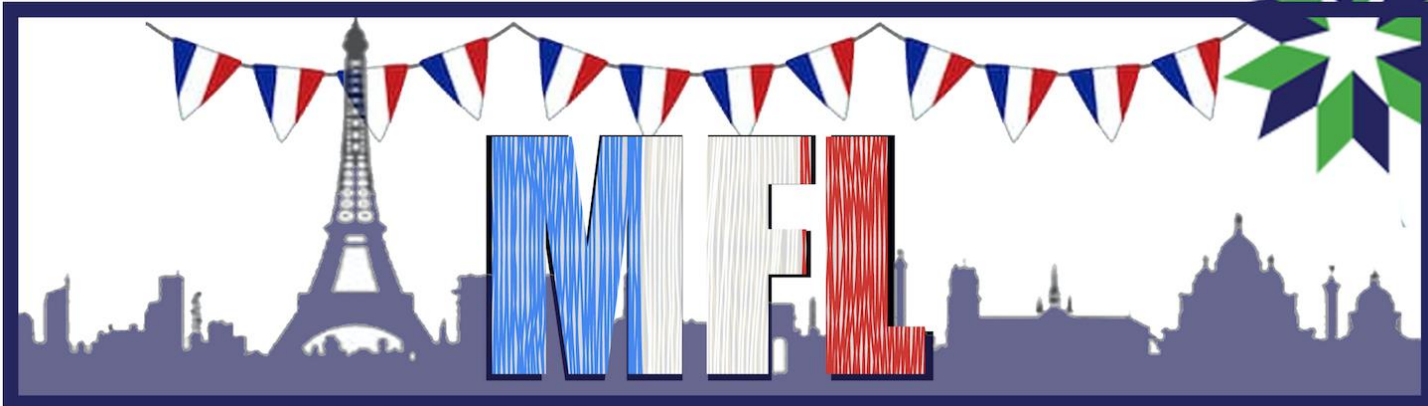
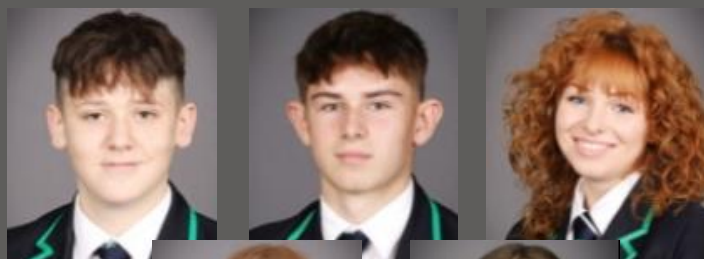


TABLEAU D'HONNEUR

Miss Easby:

Cason Haynes, Jake Heaton, and Jessica Lee for fantastic performances in the Speaking Mock Exams.



Mrs Clough:

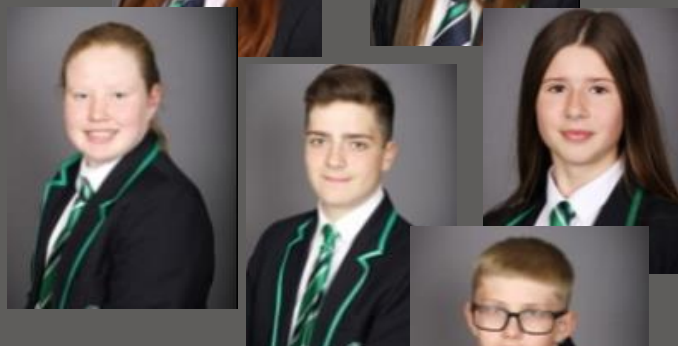
Tiana Mccue and Libby Metcalf for increased effort and subsequent progress in Speaking Mocks.



Miss Jones:

Lydia Palmer-Williams – Strong resilience during the test.

Arabella Coubrough – Making a beautiful cloud for the verb garden.



Mrs Santry:

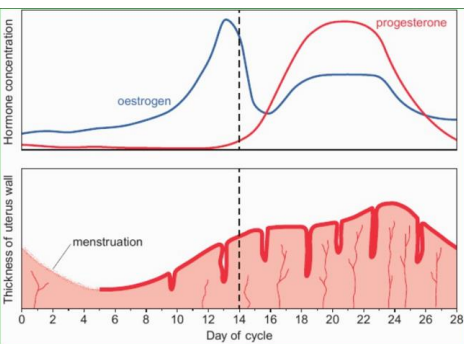
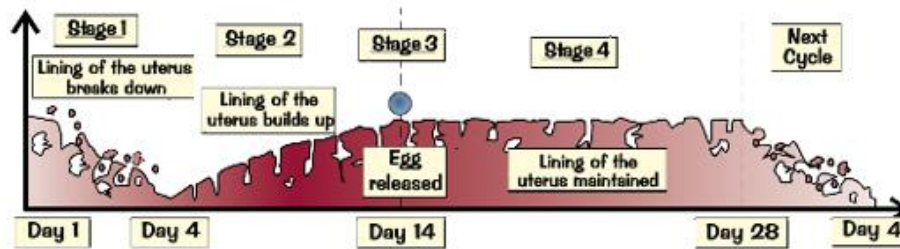
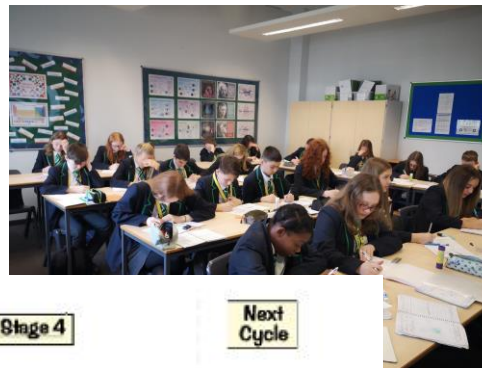
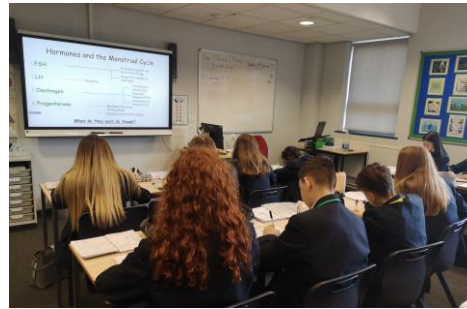
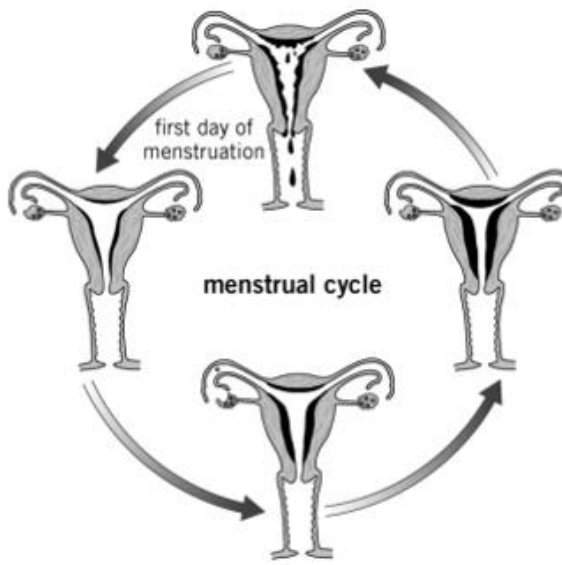
Ryan Parkin – Confident spoken French and improving grammatical understanding

Josh Stevenson – Showing a desire to do well and demonstrating a good memory for phrases and grammar.

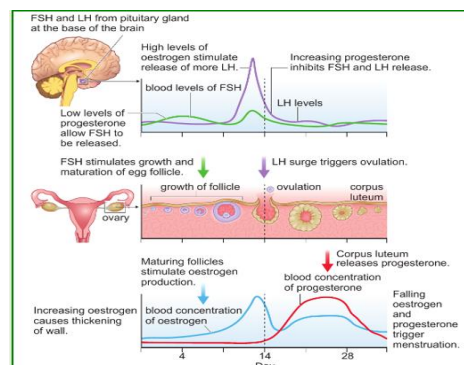
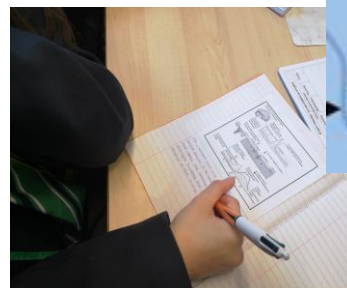


Bravo!

BBG SCIENCE



This week our Year 8 students have been understanding the hormonal changes that occur in the menstrual cycle. They have been working hard to ensure that they are able to identify and explain these images shown. Why don't you test them by asking them go through what each image shows?



Feeling confident in your knowledge? Fill in the chart to show where each hormone is produced and its function.

	Where produced	Function
F		
O		
L		
P		

Travel & Tourism



Jadann Shaw
For excellent use of class
time when completing
her coursework



Niamh Hutchison
For excellent use of class
time when completing
her coursework



Nataniel Wolny
For excellent use of class
time when completing his
coursework



Jack Jones
For excellent use of class
time when completing his
coursework



Miya Howarth
For her independent
coursework



Rubin Ward
For finishing his itineraries



Ellie Hardcastle
Great commitment to her
coursework



Sophie Archer
Trying hard in lesson



SET

Praise goes to.....

**Mark Bisaggio-
Gajewski**

**Jonathan
Needham**

**Emily-Grace
Hainsworth**

**Marissa Tokarczyk-
Cliffe**

**Thomas
Anders**

Leah Blakeley

Logan Parry

Lexi Hudson

Taegan Lister

Lexie Brown-Haigh

Megan Bracewell

Archie Pierpoint

Emily Woodrow

Jessica Wright

Arabella Coubrough

Kian Brown

Abi Richardson

Gabriel Cain

Arthur Thompson

Polly Enright

Oliver Dorsey

Charlie Smith

Bethany Edwards

Gracie Thornton

Megan Gallacher

Harriet Fawthrop

Oliver Thornton

Chloe Lambton

Arran Tobin

Sophie Haigh

Oliver Gratino

Molly Thurstan

Olivia Docherty

Isabel Watson

Grace Kennedy

Kyle Hallam-Rivas

Olivia Tyson

Lewie Firth

Spencer Worthington

Daisy Margetts

Elise Hirst

Charlie Watts

Lola Thompson

Happi Ainsworth

Will Parkinson

Holly Kershaw

Isaac Weston

Adam Ajmal

Callan Barlow

Declan Preston

Evie Liley

Nataniel Wolny

Hannah Dodge

Lucy Bracewell

Isla Rush

Kate Maleham

Jacob Wynn

Harry Mollett

Seb Burnett

Isla Sewell

Ella McMahon

Leah Dixon

Hayden Hartley

Jude Cain

Noah Smith

Jakub Mordak

Ruby Forsdike

Georgia Watts

Nicholas Cass

Kian Sorsby

Lucy Morton

William Schofield

Samuel English

Olivia Cunningham

Oliver Sykes



SET

Praise goes to.....

**Allegra Podesta-
Atkin**

Ollie Murphy

Brooke Mercer

Oliver Mungovin

Coby Sayer

Maddison Ayres

Jason Dhliwayo

Aimee Hartley

**Callum Dyson-
Wormald**

Mae Evans

Josiah Hargreaves

Sadie Carney

Gracie Revell

Gabriel Boselli

**Sophie Wallace-
Thompson**

Logan Thorpe

Leo Smith

Tommy Flanagan

Alex Jack

Lennon Lister

**Matilda Skelly
Steward**

Joshua Ward

Poppy Watts

Leo Margison

Hanifa Alade

Isaac Graham

**Ashton Robinson
Bulmer**

Owen Sheard

Tyler Young

Ivy Soames

Jacob Stone

Jake Crane

Principal

Praise goes to.....

William Coles-Mitchell	Samuel Robertshaw	Joshua Cunningham	Rosemary Warrington	Gemma Davies-Carr
Jensen Arnold	Imogen Barnes	Paddy Austin	Lucy Rogerson	Evie Coulson
Amelie Bates	Isabelle Goulding	Emily Basnett-Rix	Ruby Haigh	Isla Boocock
Lucas Eagleton	Harry Jubb	Josselin Adams	Keani Hughes	Emily English
Beth Garside	Ben Lee	Melissa Bower	Harry Ellis	Daniel Hirst
Ava Goulding	Sam Lingard	Alasdair Robinson	Harry Jones	Jack Jones
Georgia Harker	Lily Metcalfe	Olivia Adgie	Stevie Fisher	Elle Knowles
Thomas Letham	Ruby Skukowski	Sophia Creasey	Ruby Woodcock	Evie Schofield
Wyatt McMillan	Tabitha Smith	Cerys Barson	Ella Johnson	Elliot Sereika
Rayna Patel	Dougal Trotter	Junior Alton	Steffan Lewis	Megan Thompson
Summer Pearson	Megan Walker	Amber Ramm	Scarlett Rushworth	Alex Walker
Phoebe Rogerson	Jessica Wright	Logan Pinder	Aoife Sugden	Estelle Williams
Jack Steward	Ava Walshaw	Bradley North	Olly Farrar	Megan Williams
			Scarlett Coubrough	Lucas Stead

Bronze

Awards go to.....

Harvey Carr	Jude Walker	Luca Hodgson	Ibraheem Arshaad	William Makin
Ellis Bull	Olivia Tyson	* Joshua Richards	Nazarii Lahus	Abi Makin
Lewis King	Riley Glover	Harvey Jones	Aimee Hartley	Alfie Wright
Paul Wiedmann	Emily English	Lennon Scholfield	Ava Laycock	Paige Davis
Ali Shah	Renton Fewster	Jamie Worsnop	Harry Smoult-Hawtree	Harry Swain
Cason Haynes	Daisy-May Hallam	Jasmine Rhodes	Jake Crane	Isla Casterton-Lunn
Elle Knowles	Misba Iqbal	Maisy Greenwood	Jason Dhliwayo	Coby Sayer
Evie Foulds	Bradley John	Olivia Pearce	Millie Schofield	Henry Miles
George Brown	Miya Howarth	Ella Nolan	Harry Goulding	Oliver Mungovin
George Walker	Daniel Walker	Noah Flynn	Archer Ward	Thomas Brown
Jake Heaton	Isobel Watson	Jenson Williams	Lennon Lister	
Lillie Rose Finneran	Molly Thurstan	Lucy Collins	Samuel Tempest	
Niall Sykes	Poppy Rylands	Ruby Lovell	Rosa Hepworth	
Joshua Parker	Ebony Shaw	Leo Margison		

Silver

Awards go to.....

Abi Makin	Ella O'Brien	Spencer Wilkins	Aimée Richards	Grace Kennedy
Alfie Wright	Phebe Firth	Summer Pearson	Isaac Atkin	Harry Walmsley
Emily Colling	Jakub Mordak	Chloe Preece	Willow Peasley	Kayden Stuart
Samuel Booth	Daniel Hirst	George Hoare	Arabella Coubrough	Stevie Schofield
Keani Hughes	Georgina Baldwin	Henry Tate	Arran Tobin	Danny Croft
Maisie Pye	Holly Kershaw	Jayden Coope	Cooper Crick	Freya Virr
Paige Davis	Hudson Rowan	Alexander Rushworth	Eliza Duffin	Layla Formoy
Ruby Woodcock	Alfie Parkin	Edward Atkinson	Isabelle Jones	Oliver Rutter
Stevie Fisher	Andrew Bird	Grace Auty	Lola Parkes	William Crossley
Matthew Furness	Charles Townend	Jack Barber	Mason Broadbent	William Makin
Emily Boyce	Charlotte Norrington	Mariia Semirykova	Sam Avison	Renee Hartley
Harry Swain	Daniel Smith	Mason Harrison	Bradley Giles	Tom Ewart
Isla Casterton-Lunn	Elliot Grayshon	Sophie Taylor	Destiny-Pria Yates	Ashton Firth
Jacob Riach	Caden Hunter	Maisie Morley	George Walker	Bella-Leigh Duncan
Lola Ward	Mia Wilby	Timothy Walker	• • Jack Horsfield	Lucas Lamb
Natalie Wiedmann	Darcy Stead	Freddie Paver	Maisie Gill	Rebecca Docherty

Silver

Awards go to.....

Sienna Dhillon

Coby Sayer

Alex Jack

Joseph English

Olivia Payne

Spencer Hartley

Emily Basnett-Rix

Harry Goulding

Lennon Lister

Rosa Hepworth

Isla Wood

Henry Miles

Poppy Thackray

Lily Knowles

Ryan Parkin

Noah Locke

Oliver Mungovin

Sam Durrant

Samuel Tempest

Dexter Hughes

Alfie Bates

Thomas Brown

Alfie Shuttleworth

Archie Brady

Hannah Porter

Sean Harrison-Dalby

Maddison Ayres

Archer Ward

Imogen Atkinson

Joshua Cunningham

Alex Rogers

...

Gold Awards go to.....



Matilda Finn



Jessie Brown



Dylan Afoa-Peterson



Freya Barstow



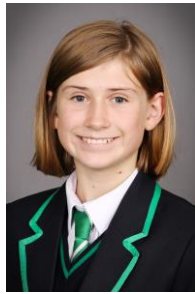
Mikey Garforth



Samuel Jackson



Noah Jackson



Josselin Adams



Kara Blakeley



Oliver Simpson



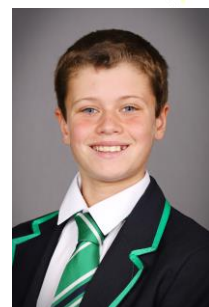
Hannah Norrington



Logan Pinder



Oliver Sykes



Lucas Eagleton



Patrick Smith



Evan McMillan



Frankie Ereira



Daisy Margetts



Maisie Wiseman



Amelie Bates

Gold Awards go to.....



Isabel Watson



Thomas Letham



**Lexie Pennington
Hunter**



Pola Kacprzak



Lily Rush



Isabella Smith



William Mason



Lilya Dawson



Amelia Kershaw



Annie-Lea Green



Nicholas Mungovin



Imogen Hough



Megan Bates



Eliza Stevens



Gracie Thornton



Roisin Sugden



Isla Witts



Mia Fortune



Imogen Dalby



Lily Hirst

Gold Awards go to.....



Warren-Jack Cox



Frankie Ingham



Laurie Bowen



Thomas Fyall



Harry Jubb



Alfie Fergus



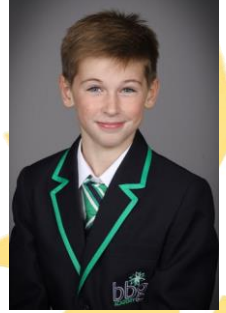
Georgia Harker



Marlie Parker



Agata Karpowicz



Noah Mcglone



Ava Goulding



Gracie Lee-Fletcher



Megan Gallacher



Max Watts



Oliver Laurenson



Daisy Todd



Joshua Lupton



Noah Smith



Drew Longbottom



Chloe Holmes

Gold

Awards go to.....



Charlie Walmsley



George Taylor

BBG Year



STARS OF THE WEEK



KARA BLAKELEY
For always getting it
right and being quietly
awesome



TOM ANDERS
For increased confidence
and continued hard work



SONNY DUREE
For improved work rate
and a positive attitude



LEAH-MAE MITCHELL
For increased confidence
and always having a big
smile

**CONGRATULATIONS
TO YOU ALL!**



ISABELLA SMITH
For keeping everyone
smiling and working hard



ELLIE WILKINSON
For being cheerful,
helpful and a great friend



MAYA BARSON
For keeping on smiling
when things are
challenging



CERTIFICATES AWARDED TO



Skye Tobin

Skye has had a brilliant year in year 8 and recently has been a huge help to new students who settle in. She sets a fantastic example and is a role model to her peers.



Joel Watson

Joel has had a brilliant end to the half term. He has had some fantastic lessons and made some great progress.



Lily Metcalfe

Lily is making great progress around school and is a pleasure to have in Year 8. She is polite and well mannered. Well done, keep up the great work.

YEAR 9



STARS OF THE WEEK



**OLIVIA
WALKER**

For showing resilience in the face of her fears.



LILY EVANS

For showing resilience in the face of her fears.



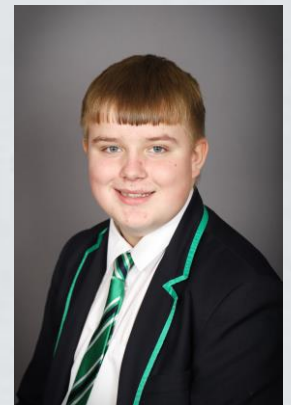
**HARRY
GOULDING**

For showing an improved attitude to learning around school, praise given from different members of staff.



**IMOGEN
ATKINSON**

For contributions to 'celebrating differences' lesson



**HARVEY
HINCHCLIFFE**

For always helping in form time, for trying to get things right and taking good care of/playing with Spike in the mornings

MISS BLACKBURN'S STARS OF THE WEEK YEAR 10

Fantastic
number of
nominations
in Celebration
Assembly

MILLIE CRICK



Being a fantastic
member of the
year group

BILLY BLOCKLEY



ANGELIQUE ALI

FANTASTIC NUMBER OF
NOMINATIONS IN
CELEBRATION ASSEMBLY

Brilliant work in
all subjects this
half term

KEANI HUGHES



Great effort
levels in
school

TOSEEF ALI



Fantastic
effort levels
around school

HOLLY GREY



Working really
hard in all
areas of
school

BETH EDWARDS



Fantastic work
in maths

OLIVIA POWLES



Being a great
help to other
students

ALFIE DUREE





STARS OF THE WEEK

ELLIE HARDCASTLE, ETHAN CEASAR AND JEMIMA EKLID



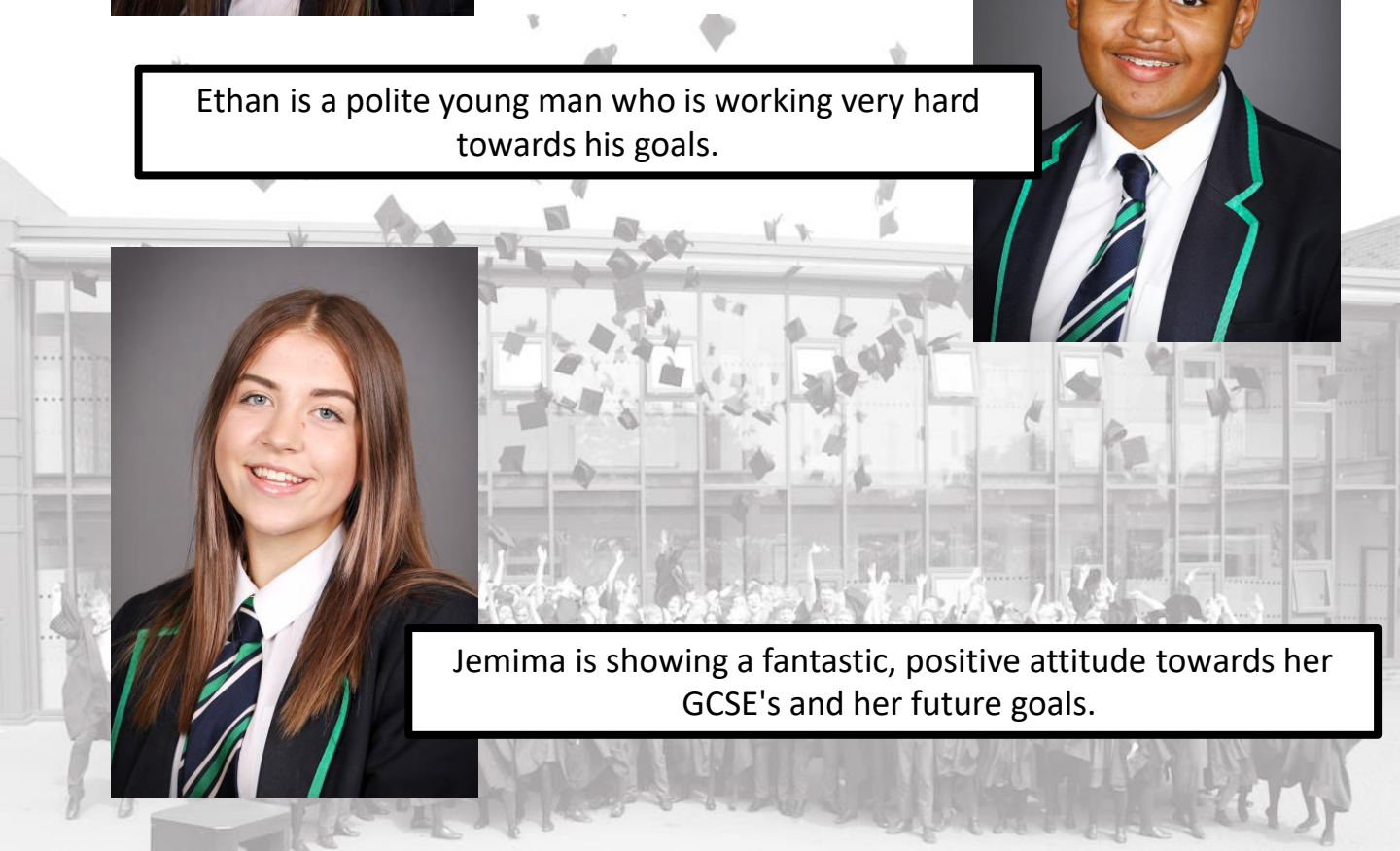
Ellie is a hardworking, dedicated and focused student who is making her time in Year 11 really count.



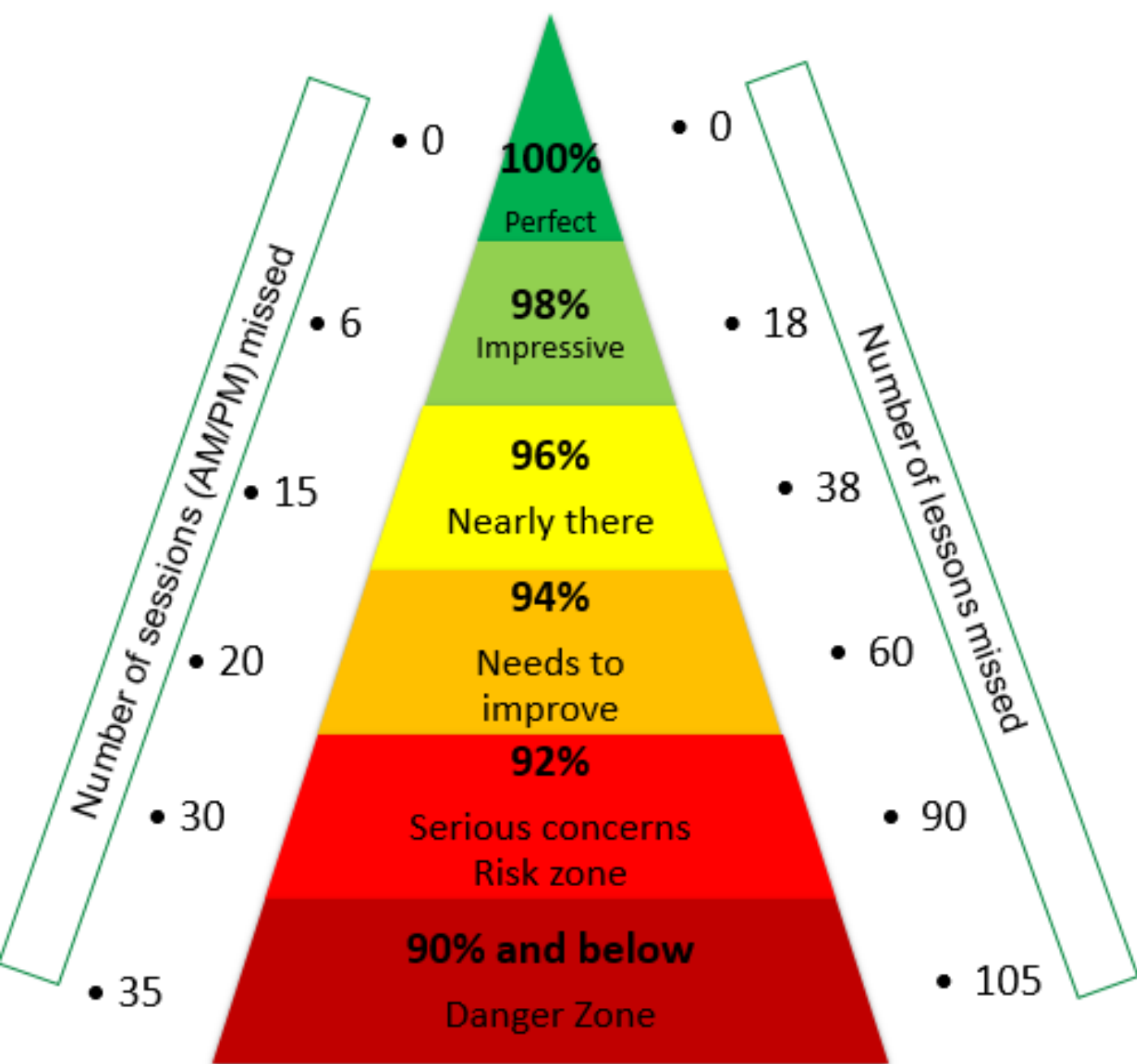
Ethan is a polite young man who is working very hard towards his goals.



Jemima is showing a fantastic, positive attitude towards her GCSE's and her future goals.



Attendance Matters



Maximise your potential – attend everyday

Students across the Rodillian Multi Academy Trust at this level of attendance have historically achieved

Significantly above national average progress
Above national average progress
National average progress
Below national average progress
Significantly below national average progress
Very significantly below national average progress

STREATERIES



INCREDIBLE
INDIA



AMERICAN
Diner



Home
STYLE



P F N
ASIAN



*John
Dory*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American Mustard & Crispy Onion Hot Dog Wedges	Chicken Shawarma & Pickled Red Cabbage	Glazed Gammon Carvery with Gravy	Jamaican Jerk Chicken Wings	Hand Battered Fish
Jalapeno Loaded Mac N Cheese	Harissa Roasted Cauliflower & Chickpea Salad	Cheese & Onion Slice	Curried Chickpea & Kale Chana	Homemade Cajun Bean Burger
BBQ Beans	Tabbouleh Cumin Roasted Carrots with Lemon & Honey	Roasties Roasted Roots	Wholegrain Rice & Peas Fry Bodi (Caribbean Green Beans)	Chips Peas



EMAIL INFO@ASPENS-SERVICES.COM
WEB ASPENS-SERVICES.COM

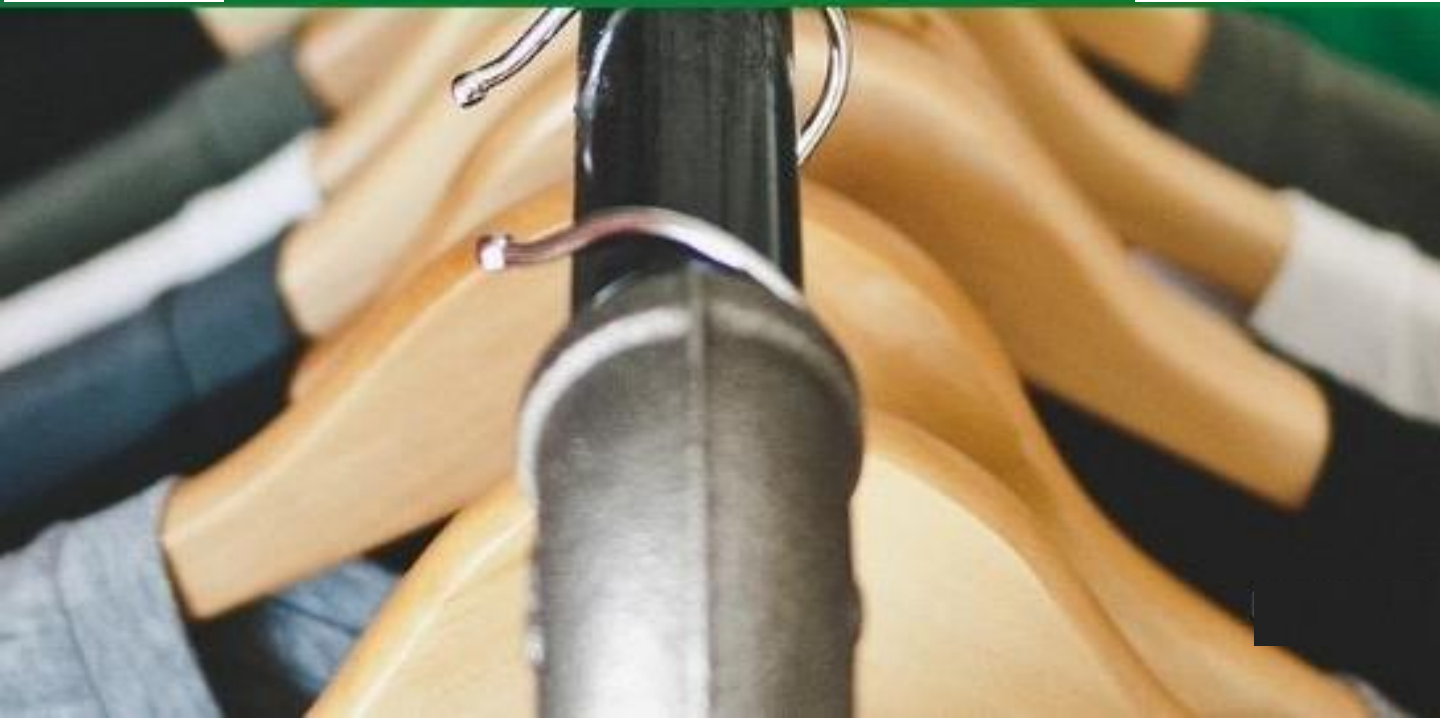



BBG ACADEMY PRELOVED UNIFORM SHOP

**Available to all students
Fully washed and ironed
Please contact reception**




**Options:
Get new (used) items
Swap for a larger/smaller size Donate old
uniform
Please email: uniform@bbgacademy.com**





My mates
have fallen out with
me.



I'm stressed
about exams.



Things are
tough.

We are here to listen.

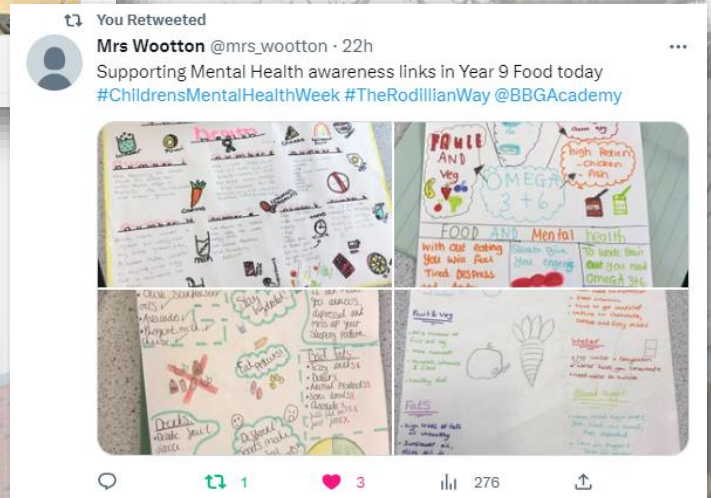
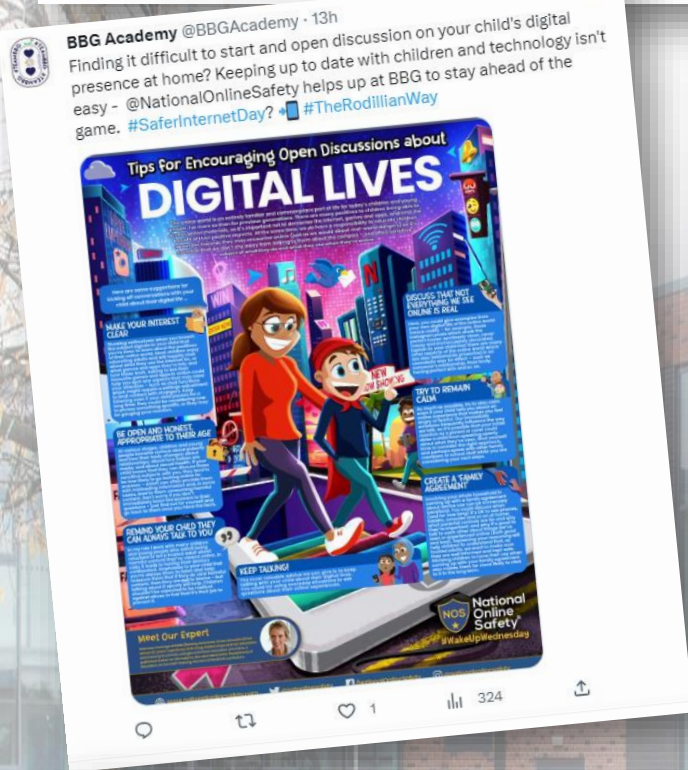
Whatever your worry, tell someone if you want to talk.
We have trained staff who are here to listen. Email
them directly at:

Tellsomeone@bbgacademy.com

#TEAMBGG



TWEETS of the WEEK



THOUGHT OF THE FORTNIGHT

Beginning 30 January 2023

transquote #322

“‘It's just a pronoun...’
No. It's not. Trust me,
some of the smallest
things can make a
world of difference..”

Submitted by Samantha
transquotes.tumblr.com/

Discussion points

February is LGBT+ History month. During this month it gives us an opportunity to reflect on how we treat other people who might not identify the same as each other. One way in which people differ is through the pronouns they use. Most people are aware of pronouns and the way in which they can be used as personal pronouns but not many people know about Neo-pronouns.

Neo-pronouns means a new pronoun, especially one that is intended to avoid using he, she or they. [Watch this clip](#)

Why is it important that people use the correct pronoun when talking to another person?

How might that person feel if they are not having the correct pronouns used to address them?

Pronouns are protected under the Equality Act 2010, “Intentional refusal to use someone's correct pronouns is equivalent to harassment and a violation of one's civil rights.” – Do you think it is right that they are protected?

**THINK ABOUT WHO YOU
ARE TALKING ABOUT/TO
BEFORE YOU SPEAK**

FORTNIGHTLY EVENTS

8th Internet Safety Day
Children's Mental Health Week
Time to Talk Day
Dignity Action Day
NSPCC Numbers Day
World Cancer Day

EVENTS HAPPENING THIS MONTH

- LGBT History Month
- Raynauds Awareness Month

THIS WEEK IN HISTORY





**National
Online
Safety**

**Download your Free
Online Safety App for
Parents & Carers**



Be #OnlineSafetySavvy

Keep up with the latest apps games and tech your children are using, with the worlds most comprehensive online safety app for parents.

On the National Online Safety app you'll find:

- ✓ Hundreds of online safety guides on the topics you need to know about - from screen addiction, fake news and trolling to hacking, social media influencers and sexting;
- ✓ An online safety training course for parents - developed by our experts and delivered by online safety ambassador Mylene Klass;
- ✓ A user-friendly interface with increased functionality - find exactly what you need, when you need it;
- ✓ The option to get notifications to your phone as soon as new content becomes available - so you can stay up-to-date with the latest online crazes (and risks);
- ✓ An in-app voting system so you can help determine the subjects you'd like us to cover in future;
- ✓ The facility to personalise your content by favouriting key resources.

Download the free app today



Scan to download on
Apple App Store



Scan to download on
Google Play Store

or search for 'National Online Safety' in the store



www.nationalonlinesafety.com
Twitter: @nationalonlinesafety

Call: 0800 368 8061
Facebook: /nationalonlinesafety

Email: hello@nationalonlinesafety.com
Instagram: @nationalonlinesafety



**TOO MUCH
TECH TIME?**

**GUESS WHAT...
IT'S IMPACTING
YOUR SLEEP. WANT
TO KNOW WHY?**

**JOIN THE CONVERSATION
TEENSLEEPHUB.ORG.UK**

#TEENSLEPMATTERS



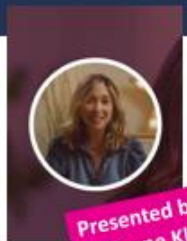
POWERED BY



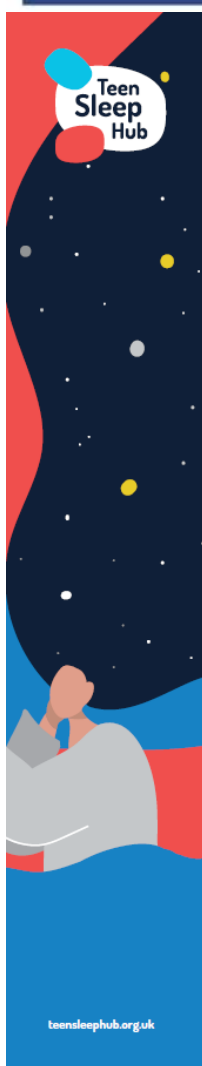
**National
Online
Safety**

**Free online safety
resources and training
for parents**

Create an account to sign up online resources, weekly guides and free training at <http://nationalonlinesafety.com/enrol/bbg-academy> and complete your details. Once you're set up you'll be able to set 'parent/carer' as your user type.



**Presented by
Mylene Klass**



**Teen
Sleep
Hub**

WELCOME

HOW TO IMPROVE THE SLEEP OF YOUR STUDENTS

In Autumn last year, we launched our new Teen Sleep Hub, as part of our Teen Sleep Matters campaign, and it has been an amazing success so far with so many of you getting involved in sharing the information we supplied. We have also had lots of support from the Mental Health Foundation and Royal Society for Public Health.

Covid-19 continues to impact on the health and wellbeing of young people, in particular around their sleep and mental health. Even with the return to school, we are still living in uncertain times and young people are still suffering with isolation, learning at home with bubble closures, out-of-school activities suspended and routines being altered dramatically, it has been, and remains, extremely challenging.

Since we last made contact we have been working hard to continue to push this campaign and we have now launched a Live Chat service on our **Teen Sleep Hub**. This facility is available on Tuesday and Thursdays from 6-8pm so young people can chat about any issues they are having with their sleep with one of our trained sleep practitioners. Please do direct your students to this and even inform parents of this service.

In this second pack you will find

- A selection of NEW posters promoting the Live Chat that can be emailed out to students and parents and, when normally resumes, can be printed and put up in classrooms, toilet facilities and other communal areas
- Social media graphics that you can use on your social channels and website to direct students and parents to the Teen Sleep Hub

As a reminder, the Teen Sleep Hub is a hive of information around sleep aimed at teens (not their parents) and includes a downloadable eBook and a series of top tips videos. We were supported on this project by our amazing Youth Advisory Panel, made up of young people aged between 13 and 19, across the country. It has been a great success so far with over **17,000 downloads of the eBook**, proving that young people want the knowledge to help them improve their sleep.

Thank you for your support. Please do get in touch if you have any questions or would like to know more.

Lisa Artis

**Lisa Artis
Deputy CEO
The Sleep Charity**

Kate Lodge, Woodfield Park, Tidwell Road, Bally, Dorchester DN4 8DN
info@thesleepcharity.org.uk | thesleepcharity.org.uk | +44 (0) 1302 751 405
Copyright © 2021 The Sleep Charity. All rights reserved.

The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 1050605.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**National
Online
Safety**

#WakeUpWednesday



SPORTS STAR OF THE WEEK



Dexter Farmer

Fantastic progress being made at climbing. Dexter's climbing technique and confidence has improved in recent weeks and he is attempting much harder routes



Sebastian Prescott

Seb has made some great progress in volleyball this half term and has showcased his skills in the games we have played in the final few weeks. Well done Seb.



Adam Boocock

Great attitude and effort in Handball this week



Harry Basnett-Rix

Great effort and teamwork in Football this week



SPORTS STAR OF THE WEEK



Lily Grace Selby

Fantastic attitude to PE



Alara Yalcin

Brilliant effort in fitness



Alicja Wypych

Great resilience in PE



Maya Bull

Quietly awesome in PE



SPORTS STAR OF THE WEEK



**Charlotte
Robertshaw**

Outstanding PE
knowledge shown



Libby Metcalf

Being proactive in her
learning



**William
Pennington**

Outstanding PE
knowledge shown



Lily Pailing

Fantastic enthusiasm in
PE



SPORTS STAR OF THE WEEK



Sienna Kilner

Fantastic enthusiasm in
PE



Poppy Thackray

Brilliant leadership in
football



Aoife Sugden

Great effort in Volleyball
this week



**Scarlett
Rushworth**

Great effort in Volleyball
this week



SPORTS STAR OF THE WEEK



Showed great goal keeping skills in Girls' football club



Showing great enthusiasm and resilience in every PE lesson



Lydia Holdsworth

Great effort in Volleyball this week



Darcey Arnold

Great effort in Volleyball this week

EXTRA-CURRICULAR HIGHLIGHTS



The Year 7 Rugby Team put in a very resilient performance against a strong Woodhouse Grove Team on Tuesday afternoon.

After conceding 3 early tries, the boys really started to compete on every level. The defense became much tighter, and we started to look dangerous with ball in hand. The game finished BBG 0 Woodhouse Grove 15. Every player contributed, and the experience will make the Year 7 rugby team a lot stronger in future fixtures.



Birstall Victoria U14s are in the BARLA Yorkshire Cup final on 25th February at Featherstone Rovers stadium. It is the club's first appearance in this final and could top off a great season after winning the League, Heavy Woolen Cup and Challenge Cup.

So proud of this young man! Spencer represented BBG and Kirklees in the West Yorkshire Cross Country finals yesterday. He came 7th in West Yorkshire and 1st in Kirklees. He will now represent West Yorkshire at the National Finals. An awesome achievement! Well done Spencer!

#TEAMB BG



FIXTURES AND RESULTS



Basketball

U13 & U15 v Manor Croft
Wednesday 22nd February

Monday 16th January



1st March Yr 7 Rugby tournament
8th March Yr 9 Rugby
Tournament
22nd March Yr8 Rugby
Tournament
29th Yr9&10 Ilkley 7s Tournament



Wednesday 1st March – Year 9
Vs Ilkley (H)
Thursday 2nd March – Year 8
Bradford Tournament (A)



Basketball

U13 v Spen Valley
Won 14-6
U15 v Spen Valley
Won 21-16



Year 7 v Woodhouse Grove
Lost 15-0



Y7 BBG VS Beckfoot
Won – 15 – 1

Y8 BBG Vs Beckfoot
Won – 24 – 3

SPORTS IN THE COMMUNITY

RECRUITING NOW



Year 3 to Seniors
birkenshawbells@outlook.com



Under 12s to Under 18s
www.gcfc.co.uk/contact



Under 7s to Under 18s
www.cleckheatonrucf.com/contact

WE'RE RECRUITING

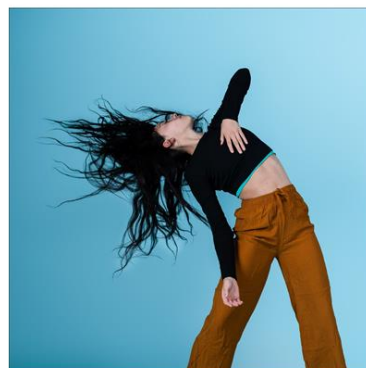
JOIN US

Batley Girls are currently recruiting players U11's (year 5&6) U13's (year 7&8)

Old and New players welcome, no experience needed. If interested and want to give us a try and want to know more please contact us on Facebook, Instagram or 07971854960

Batley Girls ARLFC Batley girls

PIC•COLLAGE



**Centre For Advanced Training
Open Day | Free Taster**

Saturday 11 February

Morning Session 11:00am – 1:00pm

Afternoon Session 2:00pm – 4:00pm

For ages 13-17

This workshop is free to attend but participants should book in advance to secure their place.

[Book here](#)

EXTRA CURRICULAR TIMETABLE AUTUMN TERM 2022

MONDAY

Times	Club/Activity	Year Group	Teacher	Venue
2.30-3.30	Netball	Years 8-11	All PE colleagues	Changing room meet
2.30-3.30	Running Club	Years 7 -11		
2.30-3.30	Rugby	Year 9 Boys		
2.30-3.30	KS3 Performing Arts	Years 7 - 9	Miss Roumelioti	Drama Room G29
2.30 - 3.30	Art Club (Drawing)	Years 7 - 9	Mr Laycock	F6
2.30 - 3.30	Design Club	Years 7-19	Mrs Gill	Workshop
2.30 - 3.30	Chess Club	Years 7 - 8	Mrs. Luffman	Heart Space
2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30 - 4.30	Year 10 Study Group	Year 10	Mrs Sullivan	F9
2.30 - 3.30	Books into Film	Years 7-11	Mrs Fitzsimons	F55 (starts 19.09.22)
2.30-3.30	Library	Years 7-11	Mr Smith	LRC
2.30-3.30	Prep	Years 11	Rotation	F15

TUESDAY

2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30-3.30	Baking club *	Year 7	Mrs. Denwood	Booked students only
2.30 - 3.30	Library	Years 7 - 11	Mr Smith	LRC
2.30-3.30	Prep	Year 11	Rotation	F15

WEDNESDAY

7:15-8:00	Netball S & C	Years 7 - 11	All PE colleagues	Changing room meet
2.30-3.30	Rugby	Year 8		
2.30-3.30	Girls Football	Years 7 - 11		
2.30-3.30	Badminton	Years 8-11		
2.30-3.30	Football	Years 9 -11		
2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30 - 3.30	Maths Puzzles	Years 7 - 8	Miss Headley	G14
2.30 - 3.30	Creative Writing	Years 7-10	Mr Young/Mr Alam	G45
2.30 - 3.30	Film Club (Hist/Geog)	Years 7-9	Mr Moulds/Mr Myerson	F16
2.30-3.30	E-Sports	Year 10	Mr. Suggitt	F13
2.30 - 3.30	'Step Up to Post 16' theoretical approaches to Literature.	Year 11	Mrs Voyce	G46
2.30 - 3.30	Library	Years 7-11	Mr Smith	LRC
2.30-3.30	Prep	Year 11	Rotation	F15

THURSDAY

2.30-3.30	Girls Rugby	Years 7 - 11	All PE colleagues	Changing room meet
2.30-3.30	Rugby	Years 7		
2.30-3.30	Basketball	Years 7 - 11		
2.30 - 3.30	Trampolining	GCSE PE Only	Miss Blackburn/Mrs Barker	Gym
2.30-3.30	BBG Press	Years 7- 9	Mr. Smith	LRC
2.30 - 3.30	Library	Years 7-11	Mr Smith	LRC
2.30 - 3.30	KS4 French Speaking Club	Year 10,11	Mrs Clough	G49
2.30-3.30	Science Club *	Years 7 - 8	Science Colleagues	F34
2.30 - 3.30	Art Club (3D)	Years 7-9	Mr Laycock	Workshop
2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30 - 3.30	Fashion and Textiles	Years 7-9	Miss Dixon	G7
2.30-3.30	Prep	Year 11	Rotation	F15

FRIDAY

2.30-3.30	Netball	Year 7	PE colleagues	Changing room meet
2.30-3.30	Football	Years 7- 8		
2.30-3.30	Rugby	Year 10		
2.30-3.30	Choir	Years 7 - 11	Miss Sanderson	Drama Room G29
2.30-3.30	Board Games	Years 7-9	Mrs Shahid	G19
2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30-3.30	Library	Years 7-11	Mrs Luffman	LRC
2.30-3.30	Prep	Year 11	Rotation	F15